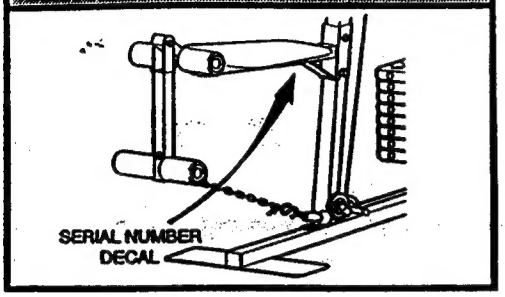
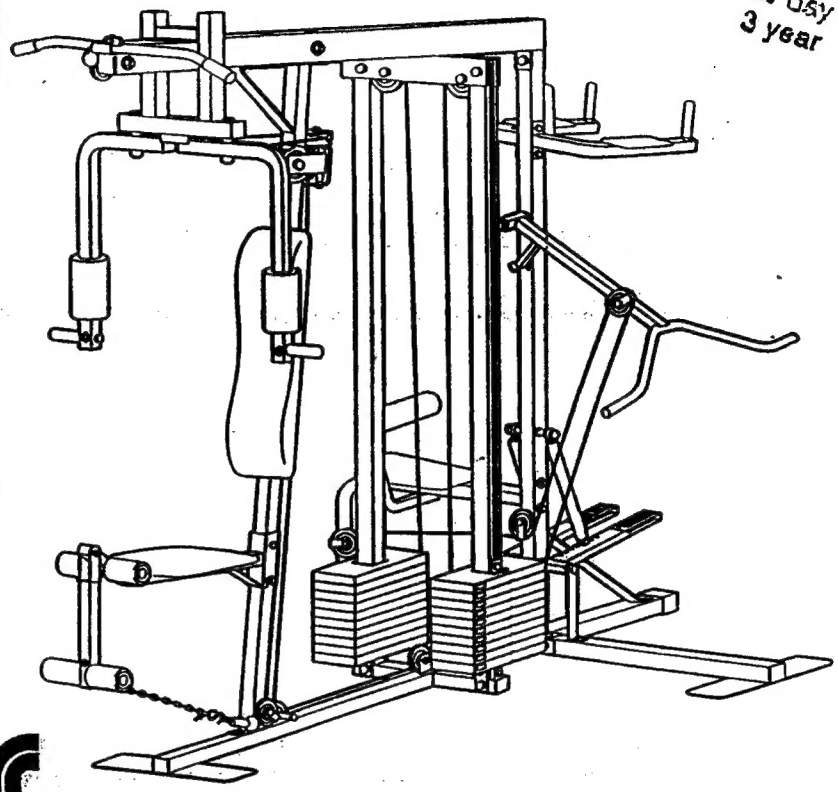
VICTORY VX41

POWERGUIDE MULTI-STATION HOME GYM SYSTEM

MODEL NO. VX41
SERIAL NO.
Write serial number in the space above for reference.



90 day
3 year



APPROXIMATE WEIGHT:
375 LBS.
APPROXIMATE SET UP DIMENSIONS:
79"L X 66"W X 75"H

weider

OWNER'S MANUAL

MADE IN CANADA

Cóngratulations on selecting a WEIDER Fitness Product. You have just joined thousands of health conscious men and women in the growing family of WEIDER customers.

We are committed to providing excellent service and customer satisfaction. We invite you to call us with any questions you may have concerning this product. Our customer service representatives are here to serve you and provide helpful information.

Call us toll -free at 1-800-225-0653, Monday-Friday 7:00 AM - 6:00 PM CST.
Extended Seasonal Hours: (Dec. 1 - Feb. 28) Monday-Friday 7:00 AM - 9:00 PM;
Saturday 9:00 AM - 5:00; Sunday 12:00 PM - 4:00 PM.

Thank you again for choosing WEIDER. We appreciate having you as a customer and hope this product will provide years of enjoyable service.

PRINTED IN CANADA

NN1803VX41

WEIDER SPORTING GOODS, INC.
900 West St. John, Olney, IL 62450 USA

TABLE OF CONTENTS

IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the important safety precautions before using this equipment.

CAUTION: DO NOT ASSEMBLE OR USE THIS EQUIPMENT ON A NON-MAR SURFACE.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Assembly Manual.
3. Position the Home Gym on a level surface.
4. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
5. Always hold the handle bars when exercising.
6. Keep hands away from moving parts other than the designated handles.
7. Keep small children away from this equipment during use.
8. Do not allow small children to play on this equipment unattended.
9. Wear appropriate workout attire, including running or aerobic shoes.

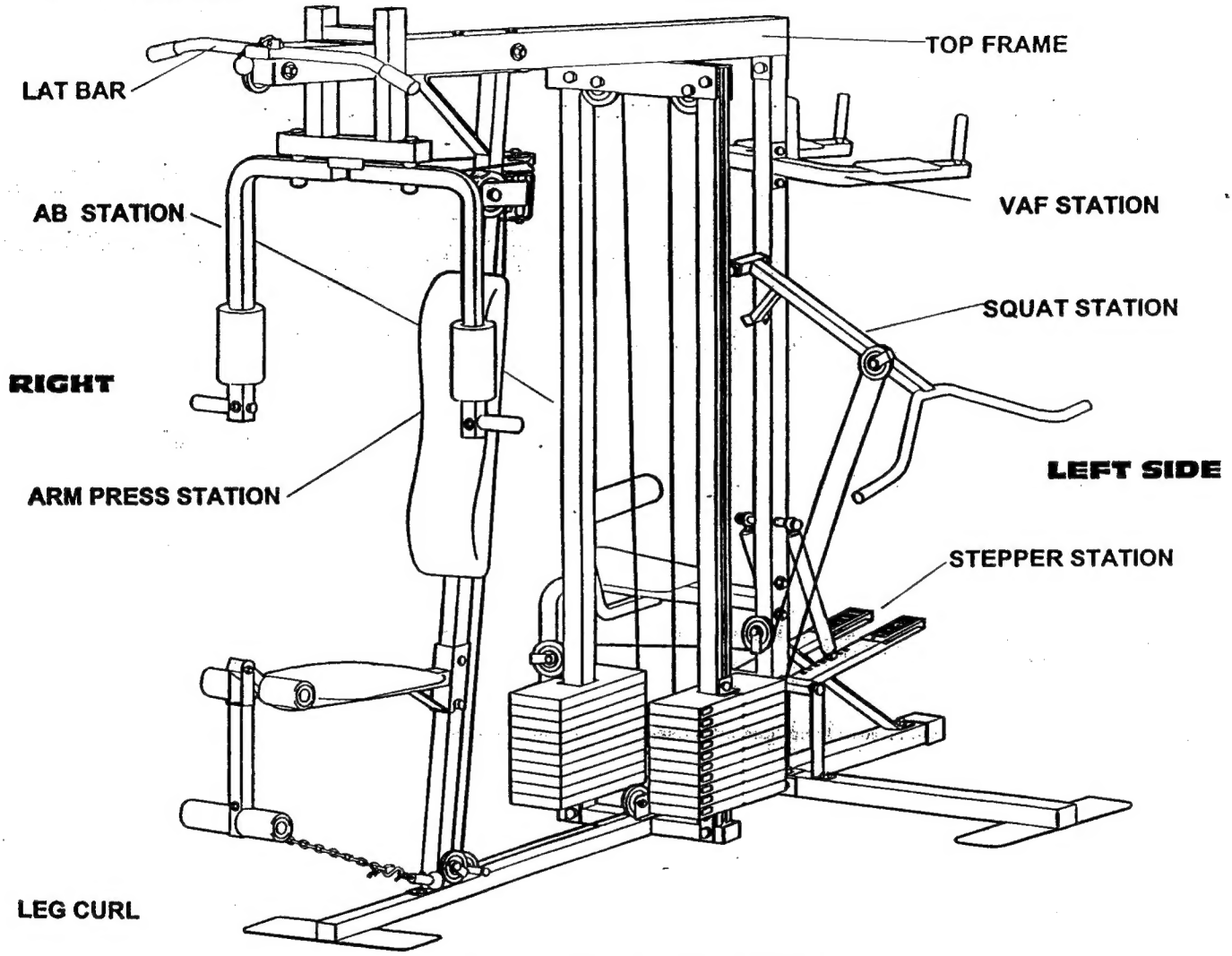
WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

INTRODUCTION

Thank you for choosing the Weider VICTORY X41. Your Home Gym is designed and engineered to give you many hours of weight and aerobic conditioning.

This manual is provided to help you understand the simple assembly, adjustments, and use of the Home Gym. In addition to assembly instructions it also contains maintenance tips and parts information.

Please take time to read all the information contained in this manual and after assembly is completed keep it for future reference.



MAINTENANCE TIPS

Keeping your VICTORY X41 in good condition will help insure you many hours of safe, enjoyable exercise. Following an easy maintenance routine will prevent premature wear and unnecessary parts replacement.

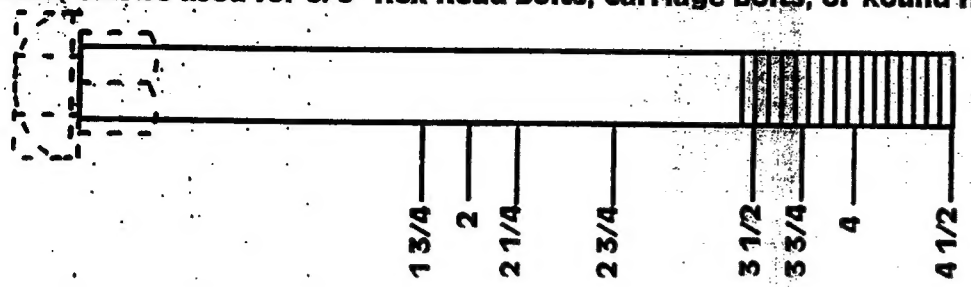
1. Check all fasteners, nuts and bolts, and caps to see that they are tight and are fitted properly.

2. Lubricate all moving parts frequently to keep handles and other parts moving smoothly and eliminate squeaks and excessive noise.

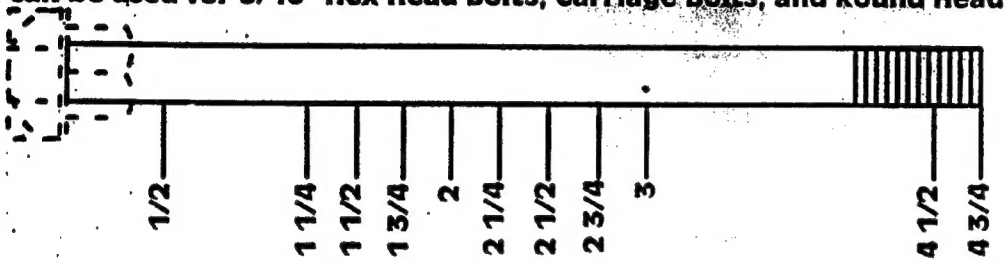
3. Painted surfaces can be cleaned with a soft cloth and a mild non-abrasive detergent.

VX41 HARDWARE SCALING SHEET

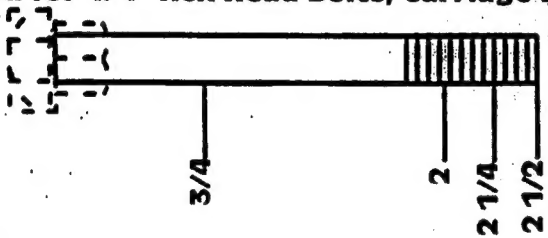
Scale can be used for 3/8" Hex Head Bolts, Carriage Bolts, or Round Head Screws.



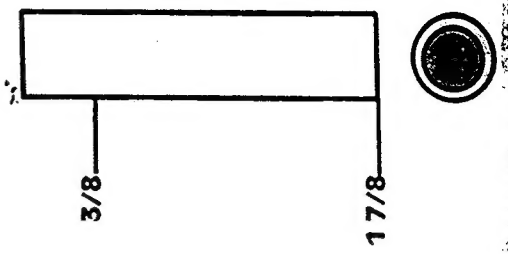
Scale can be used for 5/16" Hex Head Bolts, Carriage Bolts, and Round Head Screws



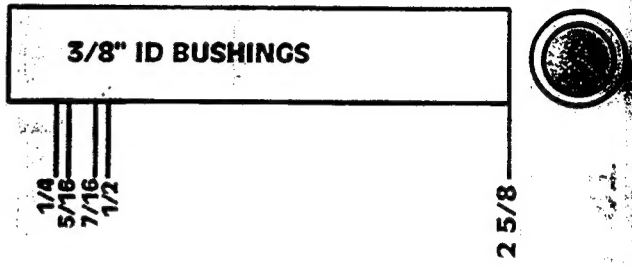
Scale can be used for 1/4" Hex Head Bolts, Carriage Bolts, and Round Head Screws

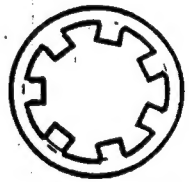


5/16" ID BUSHINGS

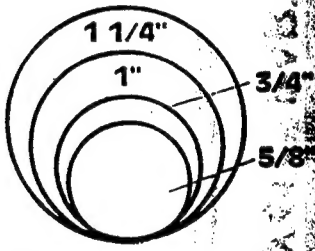


3/8" ID BUSHINGS

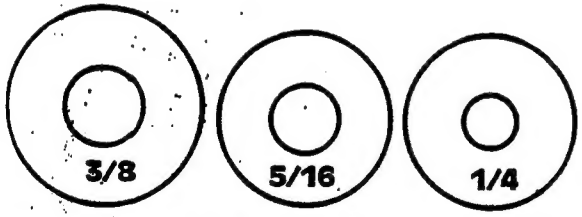




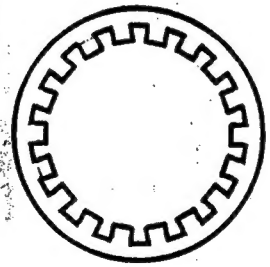
5/8" SPRING RETAINER



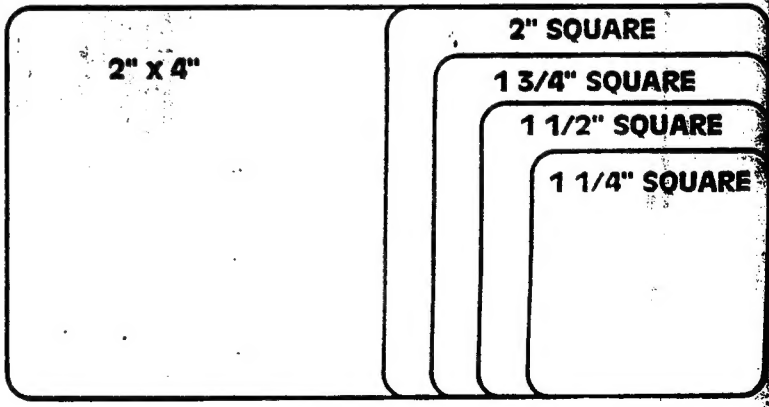
ROUND PLASTIC CAPS



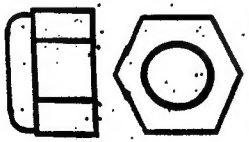
FLAT WASHERS



1" SPRING RETAINER



SQUARE PLASTIC CAPS



3/8 NYLON LOCK NUT

5/16 NYLON LOCK NUT

1/4 NYLON LOCK NUT

VX41 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
1	MAIN BASE	1	C4229-G21*G51
2	REAR BASE	1	C4230-G21*G51
3	REAR UPRIGHT	1	C1266-G21*G51
4	STEPPER BRACE	1	C7756-G21*G51
5	STEPPER PEDAL	2	C4222-G15*G51
6	REINFORCEMENT BRACKET	1	C7757-G21*G51
7	RESISTANCE CYLINDER	2	ZZ-0004*G51
8	PLASTIC PEDAL TREAD	2	AA-8195*G51
9	CYLINDER MOUNTING BRACKET - 3/8"	2	C7747-G15*G51
10	FRONT UPRIGHT	1	C1267-G21*G51
11	AB FRAME	1	C4231-G21*G51
12	AB ARM	1	C4232-G21*G51
13	AB SEAT	1	C1464-G51*G51
14	SEAT MOUNTING BRACKET	3	C7744-G15*G51
15	TOP FRAME	1	C4237-G23*G51
16	WEIGHT SUPPORT L-BRACKET	4	C7741-G15*G51
17	GUIDE ROD	2	C6855-G21*G51
18	NYLON GUIDE WHEEL	8	AA-8319*G51
19	WEIGHT SELECTOR TUBE	2	C7343-G51*G51
20	WEIGHT PLATE - 10 LB.	20	BB-0326*G51
21	SQUAT ARM	1	C4234-G21*G51
23	DIP ARM	2	C4223-G15*G51
24	HANDLE - 1" X 7"	4	C7321-G15*G51
25	DIP ARM PAD	2	C1465-G51*G51
26	DIP BACKREST	1	C1466-G51*G51
27	ARM PRESS PIVOT FRAME	1	C4235-G21*G51
28	4" LONG HALF ROUND PLASTIC PIVOT BUSHING	2	AA-8242*G51
29	ARM PRESS CAP	1	C4218-G15*G51
31	ARM PRESS ARM - RIGHT	1	C4219-G15*G51
32	ARM PRESS ARM - LEFT	1	C4225-G15*G51
33	FOAM ROLLER - 3" X 6 3/4" X 1 5/8" I.D.	2	C0485-G21*G51
34	PLASTIC GRIP - 1" X 5"	6	AA-8255*G51
35	ARM PRESS BACKREST	1	C1467-G51*G51
36	SEAT FRAME	1	C4236-G21*G51
37	ARM PRESS SEAT	1	C1468-G51*G51
38	LEG EXTENSION	1	C4221-G15*G51
39	PAD BAR - 3/4" X 13"	3	C7325-G21*G51
40	FOAM ROLLER - 3" X 5 3/4" X 3/4" I.D.	4	C0434-C07*G51
41	LAT CABLE - 139"	1	C6666-G21*G51

90 day
3 year

VX41 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
42	WEIGHT STACK CABLE - 60 1/2"	2	C6667-G21*G51
43	LOW PULLEY CABLE - 159"	1	C6668-G21*G51
44	SQUAT & AB CABLE - 203"	1	C6669-G21*G51
45	3 1/2" PULLEY	15	AA-8133*G51
46	3 1/2" "V" PULLEY	1	AA-8273*G51
47	CABLE TRAP BRACKET	11	C7746-G15*G51
48	5/16" X 2 1/4" HEX HEAD BOLT	3	HH-5323*G51
49	5/16" SERRATED STAR WASHER	1	HH-5480*G51
50	5/16" FLAT WASHER	17	HH-5127*G51
51	5/16" NYLON LOCK NUT	38	HH-5012*G51
52	5/16" X 2 3/4" CARRIAGE BOLT	5	HH-5521*G51
53	5/16" X 1 1/2" HEX HEAD BOLT	2	HH-5312*G51
54	5/16" X 2 1/2" CARRIAGE BOLT	2	HH-5324*G51
55	5/16" X 2 3/4" HEX HEAD BOLT	5	HH-5058*G51
56	5/16" X 3" HEX HEAD BOLT	4	HH-5167*G51
57	5/16" X 1 3/4" CARRIAGE BOLT	2	HH-5386*G51
58	5/16" X 1/2" HEX HEAD BOLT	4	HH-5126*G51
59	5/16" X 2" HEX HEAD BOLT	5	HH-5054*G51
60	3/8" FLAT WASHER	6	HH-5265*G51
61	3/8" NYLON LOCK NUT	19	HH-5088*G51
62	3/8" X 3 3/4" HEX HEAD BOLT	4	HH-5349*G51
63	3/8" X 4 1/2" HEX HEAD BOLT	1	HH-5363*G51
64	3/8" X 2" HEX HEAD BOLT	4	HH-5244*G51
65	3/8" X 2 3/4" HEX HEAD BOLT	3	HH-5238*G51
66	3/8" X 2 1/4" HEX HEAD BOLT	2	HH-5061*G51
67	3/8" X 4" HEX HEAD BOLT	1	HH-5201*G51
68	1/2" PLAIN NUT	1	HH-5296*G51
69	1/2" X 8" HEX HEAD BOLT	1	HH-5547*G51
70	1/4" FLAT WASHER	12	HH-5048*G51
71	1/4" NYLON LOCK NUT	7	HH-5011*G51
72	1/4" X 2" CARRIAGE BOLT	2	HH-5338*G51
73	1/4" X 3/4" ROUND HEAD MACHINE SCREW	10	HH-5022*G51
74	1/4" X 2 1/4" ROUND HEAD MACHINE SCREW	1	HH-5288*G51
75	1/4" X 2" ROUND HEAD MACHINE SCREW	4	HH-5256*G51
76	1/4" X 2 1/2" ROUND HEAD MACHINE SCREW	4	HH-5044*G51
77	#8 NYLON LOCK NUT	4	HH-5552*G51
78	#8 X 3/4" MACHINE SCREW	4	HH-5290*G51
79	1/2" LONG SELF TAPPING PHILLIPS HEAD SCREW	2	HH-5448*G51
80	2" SQUARE PLASTIC COVER CAP	2	AA-8221*G51

VX41 - PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
81	2" SQUARE PLASTIC INSERT CAP	3	AA-8002*G51
82	1" ROUND COVER CAP	5	HH-5348*G51
83	5/8" ROUND COVER CAP	2	HH-5357*G51
84	1 1/2" SQUARE PLASTIC INSERT CAP	4	AA-8001*G51
85	1 1/4" ROUND PLASTIC INSERT CAP	2	AA-8010*G51
86	1" ROUND PLASTIC INSERT CAP	7	AA-8005*G51
87	1 3/4" SQUARE PLASTIC INSERT CAP	6	AA-8006*G51
88	3/4" ROUND PLASTIC INSERT CAP	6	AA-8004*G51
89	1/2" O.D. X 1/4" LONG METAL BUSHING	3	HH-5466*G51
90	5/16" FEMALE KNOB	1	HH-5400*G51
91	1/2" O.D. X 7/16" LONG METAL BUSHING	2	HH-5389*G51
92	1/2" I.D. X 2 5/8" LONG METAL BUSHING	2	HH-5550*G51
93	RUBBER BUMPER	4	AA-8124*G51
94	5/8" I.D. X 1 5/8" LONG FLAIR END BUSHING	2	AA-8148*G51
95	5/16" I.D. X 1 7/8" LONG METAL BUSHING	1	HH-5555*G51
96	1 1/2" SQUARE PIVOT BUSHING	6	AA-8203*G51
97	1" SPRING RETAINER RING	7	HH-5423*G51
98	5/8" SPRING RETAINER RING	2	HH-5422*G51
99	3/8" FEMALE KNOB	2	HH-5341*G51
100	POWER GUIDE DECAL	1 SET	DE-4484*G51
101	STEPPER STATION DECAL	1	DE-4484*G51
102	RESISTANCE SCALE DECAL	2	DE-4484*G51
103	WEIGHT PLATE DECAL	1 SET	DE-4484*G51
104	DIP STATION DECAL	1	DE-4484*G51
105	ARM PRESS STATION	1	DE-4484*G51
106	SQUAT STATION DECAL	1	DE-4484*G51
107	AB STATION DECAL	1	DE-4484*G51
108	MULTI-STATION DECAL	1	DE-4484*G51
109	4 1/2" PULLEY	2	AA-8122*G51
110	ANGLE PLATE BRACKET	2	C7758-G21*G51
111	CABLE HOOK	1	WW-7087*G51
112	DUAL PULLEY CONNECTOR BRACKET	2	C7749-G15*G51
113	PULLEY PIVOT BRACKET - SMALL	2	C7759-G21*G51
114	PULLEY PIVOT BRACKET - LARGE	1	C7760-G21*G51
115	5/16" X 4 1/2" HEX HEAD BOLT	1	HH-5316*G51
116	5/16" X 1 1/4" HEX HEAD BOLT	1	HH-5303*G51
118	5/16" I.D. X 3/8" LONG METAL BUSHING	2	HH-5536*G51
119	1/2" O.D. X 1/2" LONG METAL BUSHING	6	HH-5317*G51
120	FIREMAN'S LATCH HOOK	1	WW-7042*G51

90 day
3 year

VX41 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
121	5/16" X 2" LONG EYE-BOLT	1	HH-5548*G51
122	3/8" X 3 1/2" HEX HEAD BOLT	2	HH-5062*G51
123	1 1/4" SQUARE PLASTIC INSERT CAP	2	AA-8069*G51
124	PLASTIC BUSHING -1 7/8" O.D. X 3" LONG	1	AA-8276*G51
125	FOAM ROLLER - 3 3/4" X 10" X 1 1/8" I.D.	1	C0487-G21*G51
126	1/2" O.D. X 3/4" LONG METAL BUSHING	1	HH-5259*G51
127	3/8" X 1 3/4" HEX HEAD BOLT	2	HH-5308*G51
128	FOAM ROLLER - 3" X 5 3/4" X 3/4" I.D.	2	C0434-C07*G51
130	1/2" O.D. X 5/16" LONG METAL BUSHING	1	HH-5505*G51
131	1/4" X 2 1/4" CARRIAGE BOLT	1	HH-5367*G51
132	WEIGHT SELECTOR PIN	2	WW-7089*G51
133	S-HOOK	4	WW-7055*G51
134	LINKING CHAIN - 8"	1	WW-7088*G51
135	LAT BAR	1	C6854-G15*G51
136	"L" LOCKING PIN - 5/16" X 4 1/2"	2	WW-7060*G51
137	"J" PIN - 3/8" X 7"	1	WW-7084*G51
138	LEG STRAP / ARM CURL HANDLE	1	EE-0075*G51
139	LINKING CHAIN - 12"	1	WW-7072*G51
140	5/16" X 4 3/4" HEX HEAD BOLT	2	HH-5452*G51
141	2" X 4" PLASTIC INSERT CAP	1	AA-8269*G51
142	5/16" X 1" HEX HEAD BOLT	1	HH-5332*G51
144	1" ROUND PLASTIC COVER CAP (9-1 WRITTEN INSIDE)	3	AA-8093*G51
	ASSEMBLY MANUAL	1	CNN-1303*G51
	WALL CHART	1	CNN-1269*G51
	HARDWARE BAG (STEPS 1 - 5)	1	C8897-G51*G51
	HARDWARE BAG (STEPS 6 - 11)	1	C8898-G51*G51
	HARDWARE BAG (STEPS 12 - 13)	1	C8899-G51*G51
	HARDWARE BAG (STEPS (14 - 16)	1	C8900-G51*G51
	HARDWARE BAG (CHAINS, LEG STRAP, S-HOOKS)	1	C8901-G51*G51

IMPORTANT

SOME OF THE ASSEMBLIES HAVE BEEN DONE AT THE FACTORY FOR YOUR CONVENIENCE. THESE PRE-ASSEMBLED PARTS HAVE ONLY BEEN FASTENED FINGER TIGHT. YOU WILL BE INSTRUCTED TO TIGHTEN THESE ASSEMBLIES DURING THE STEP INSTRUCTIONS. DOUBLE CHECK THESE ASSEMBLIES AND TIGHTEN THEM AS INSTRUCTED.

STEP 1 MAIN FRAME ASSEMBLY

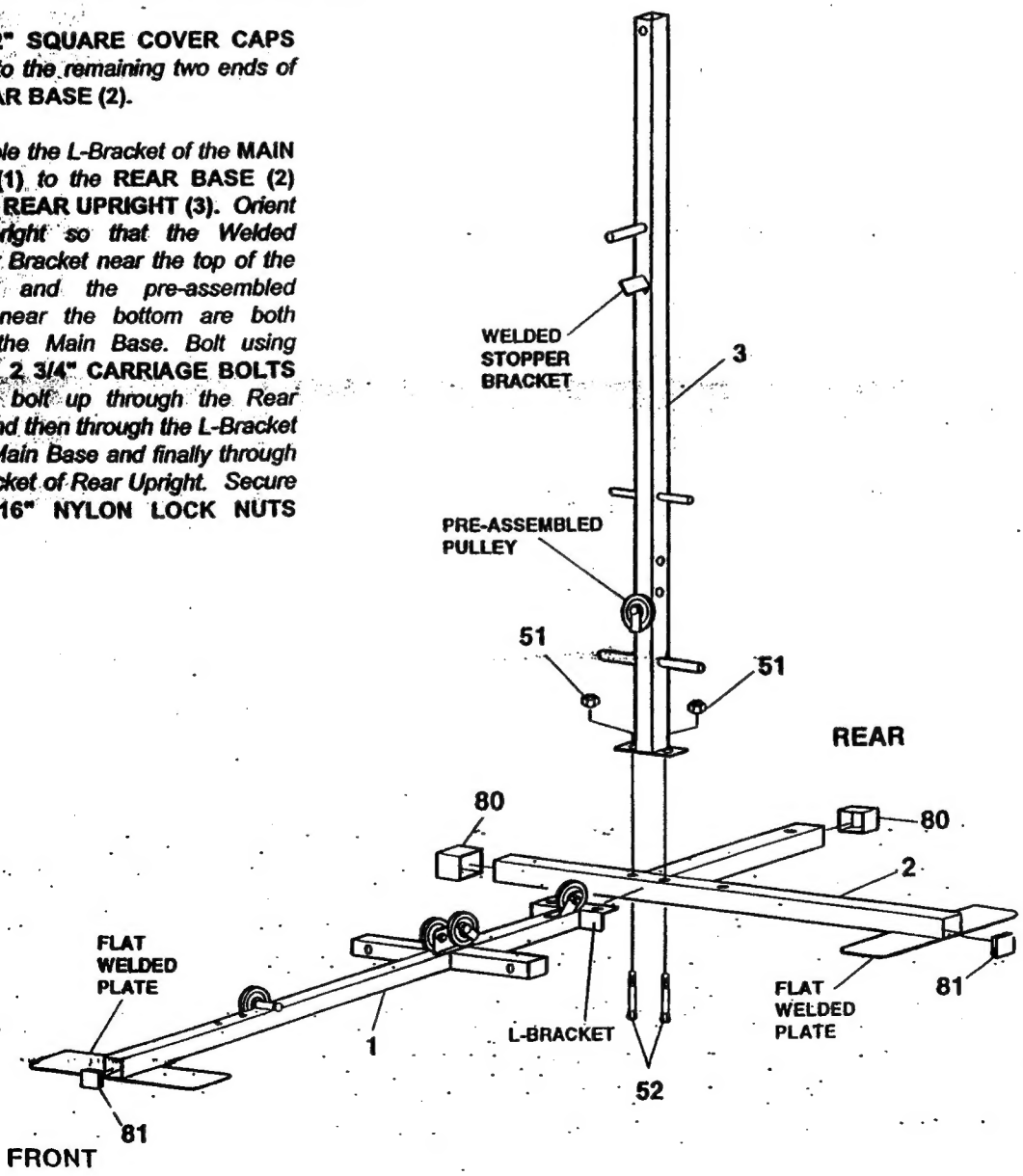
PART NAME	QTY
51 5/16" NYLON LOCK NUT	2
52 5/16" X 2 3/4" CARRIAGE BOLT	2
80 2" SQUARE COVER CAP	2
81 2" SQUARE PLASTIC INSERT CAP	2

☐ *Press* **2" SQUARE COVER CAPS (80)** *onto the remaining two ends of the* **REAR BASE (2).**

☐ *Assemble the L-Bracket of the* **MAIN BASE (1)** *to the* **REAR BASE (2)** *and the* **REAR UPRIGHT (3).** *Orient the Upright so that the Welded Stopper Bracket near the top of the Upright and the pre-assembled Pulley near the bottom are both facing the Main Base. Bolt using* **5/16" X 2 3/4" CARRIAGE BOLTS (52)** *to bolt up through the Rear Base and then through the L-Bracket of the Main Base and finally through the bracket of Rear Upright. Secure with* **5/16" NYLON LOCK NUTS (51).**

☐ *Begin by pressing a* **2" SQUARE PLASTIC INSERT CAP (81)** *into the end of the* **MAIN BASE (1).**

☐ *Press a* **2" SQUARE PLASTIC INSERT CAP (81)** *into the end of the* **REAR BASE (2)** *with the Flat Welded Plates.*



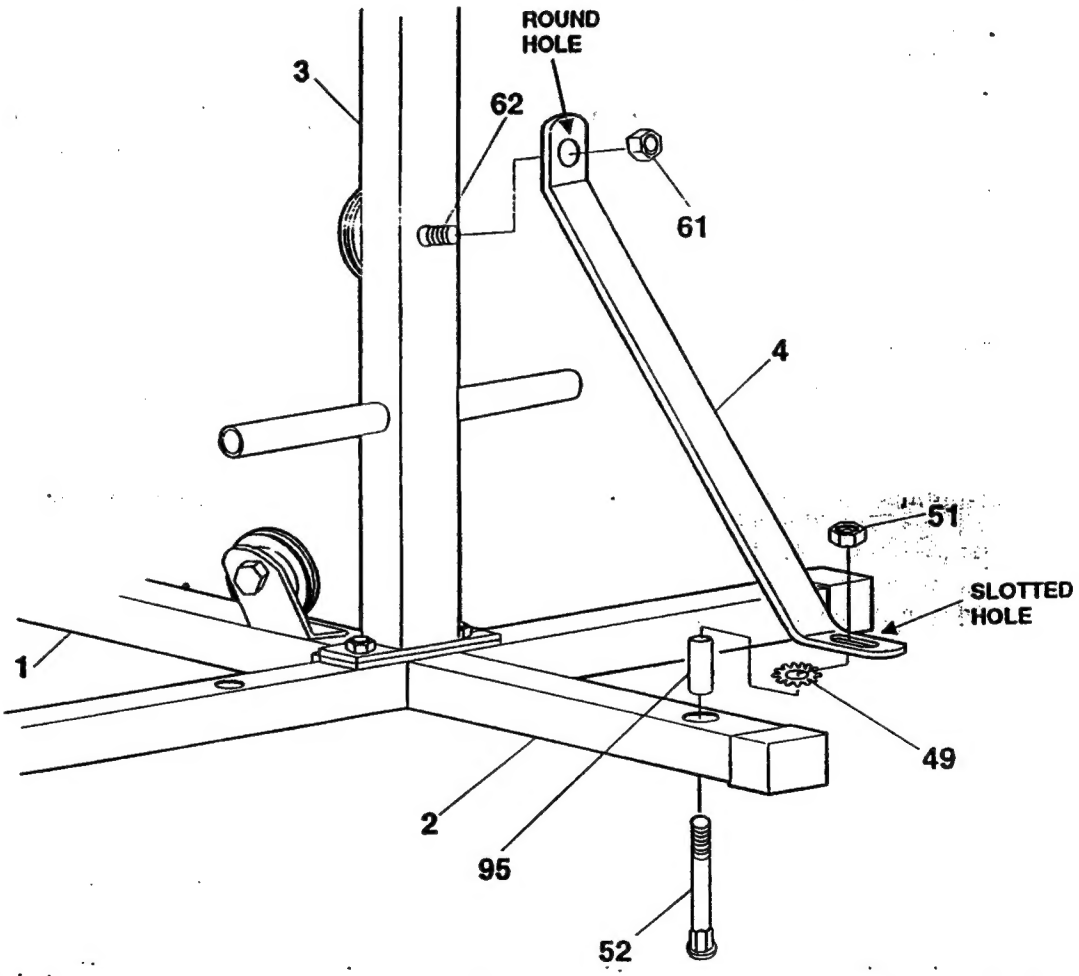
STEP 2 STEPPER BRACKET ASSEMBLY

PART NAME	QTY
49 5/16" SERRATED STAR WASHER	1
51 5/16" NYLON LOCK NUT	1
52 5/16" X 2 3/4" CARRIAGE BOLT	1
95 5/16" I.D. X 1 7/8" LONG METAL BUSHING	1

☐ *Select the* **STEPPER BRACKET (4).** *This Brace is 15" long with a Slotted Hole at one end and a Round Hole at the other.*

☐ *Assemble the Slotted Hole of the* **STEPPER BRACE (4)** *to the* **REAR BASE (2)** *using a* **5/16" X 2 3/4" CARRIAGE BOLT (52)** *to bolt up through the bottom of the Rear Base. Assemble a* **5/16" I.D. X 1 7/8" METAL BUSHING (95)** *and a* **5/16" SERRATED STAR WASHER (49)** *onto the Bolt and then the Brace. Fasten with a* **5/16" NYLON LOCK NUT (51).**

☐ *Assemble the Round Hole of the* **STEPPER BRACE (4)** *to the* **REAR UPRIGHT (3)** *by first removing the* **3/8" NYLON LOCK NUT (61)** *from the pre-assembled Pulley. Assemble the Brace onto the* **BOLT (62)** *and re-assemble the* **3/8" NYLON LOCK NUT (61)** *securely.*



STEP 3 STEPPER ASSEMBLY

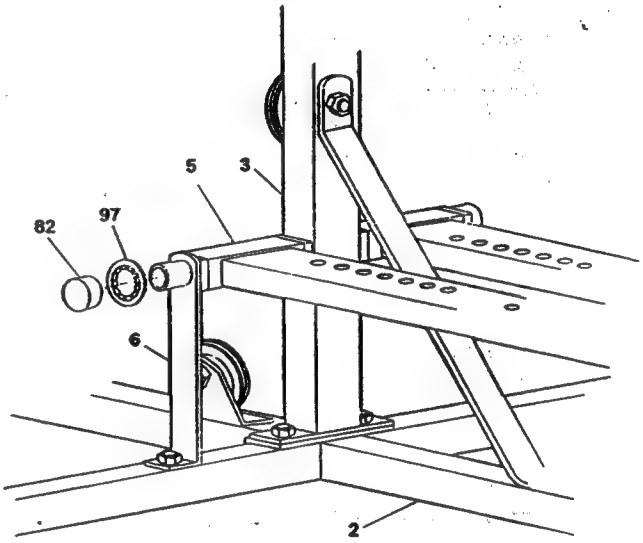
PART NAME	QTY
51 5/16" NYLON LOCK NUT	3
52 5/16" X 2 3/4" CARRIAGE BOLT	1
53 5/16" X 1 1/2" HEX HEAD BOLT	2
60 3/8" FLAT WASHER	2
79 1/2" LONG SELF TAPPING PHILLIPS HEAD SCREW	2
82 1" ROUND PLASTIC COVER CAP	2
83 5/8' ROUND PLASTIC COVER CAP	2
94 FLAIR END BUSHING	2
96 1 1/2" SQUARE PIVOT BUSHING	4
97 1" SPRING RETAINER RING	2
98 5/8" SPRING RETAINER RING	2
99 3/8" FEMALE KNOB	2

☐ *Insert* **1 1/2" SQUARE PIVOT BUSHINGS** (96) *into the ends of the* **STEPPER PEDALS** (5).

☐ *Slide the* **STEPPER PEDALS** (5) *onto the 1" Stepper Pivot Tube at the base of the* **REAR UPRIGHT** (3). *Note that the Pedals should be assembled with the series of holes in the Pedals to the inside.*

☐ *To the* **LEFT STEPPER PEDAL** (5), *assemble the* **REINFORCEMENT BRACKET** (6).

☐ *Attach the* **REINFORCEMENT BRACKET** (6) *to the* **REAR BASE** (2) *using a* **5/16" X 2 3/4" CARRIAGE BOLT** (52) *to bolt up through the Rear Base and into the Bracket. Secure with a* **5/16" NYLON LOCK NUT** (51).



☐ *Using a* **1" ROUND PLASTIC COVER CAP** (82) *as an aid, drive a* **1" SPRING RETAINER RING** (97) *onto the Stepper Pivot Tube to secure the* **PEDALS** (5) *in place. Note that the teeth in the Spring Retainer Rings are tilted slightly to one side. The teeth should be away from the Pivot Tube as it is drive on. Tap in place with a hammer.*

☐ *Attach the molded* **PLASTIC PEDAL THREADS** (8) *to the top of the* **STEPPER PEDALS** (5) *with* **1/2" LONG SELF TAPPING PHILLIPS HEAD SCREWS** (79).

☐ *Fit a* **FLAIR END BUSHING** **(94)** *(flair end to the inside) onto the 5/8" Cylinder Pivot Tube on the* **REAR UPRIGHT (3).**

☐ *Slide a* **RESISTANCE CYLINDER (7)** *over the Cylinder Pivot Tube and secure in place with a 5/8"* **SPRING RETAINER RING (98).** *Again the teeth of the Retainer Ring should be positioned outward and use the 5/8"* **ROUND PLASTIC COVER CAP (83)** *as an aid to help secure the Retainer Ring in place. Tap this Cap and Retainer Ring on using a hammer.*

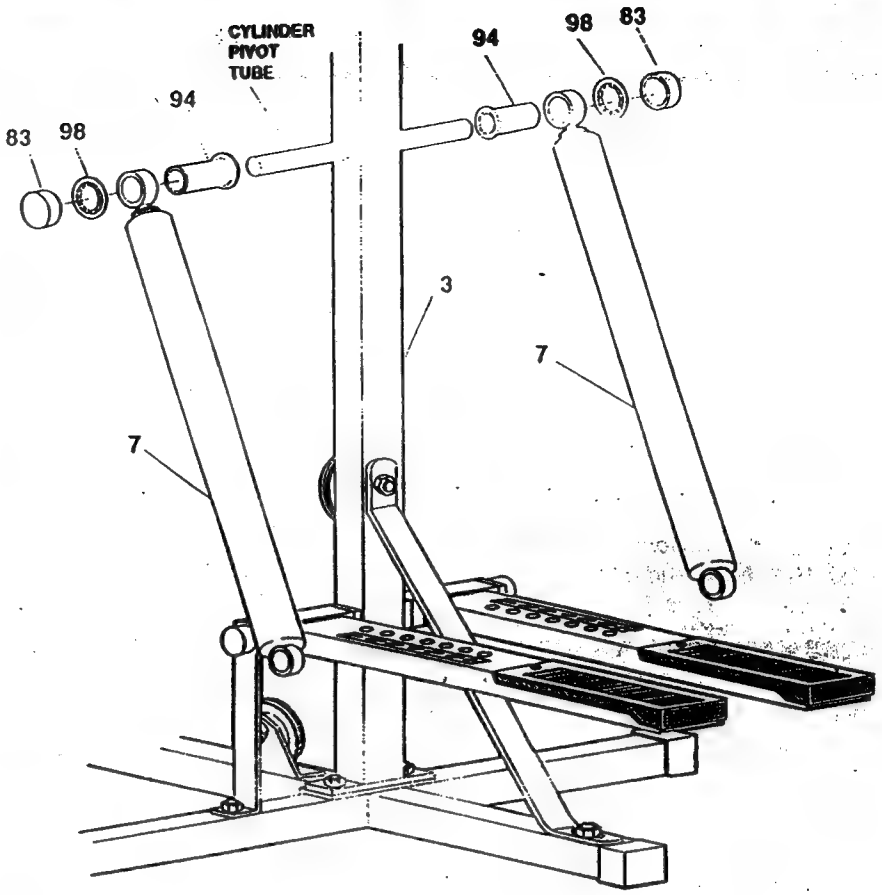
☐ *To the bottom end of the* **RESISTANCE CYLINDERS (7),** *attach the* **CYLINDER MOUNTING BRACKET (9)** *with a* **5/16" X 1 1/2" HEX HEAD BOLT (53)** *and* **5/16" NYLON LOCK NUT (51).**

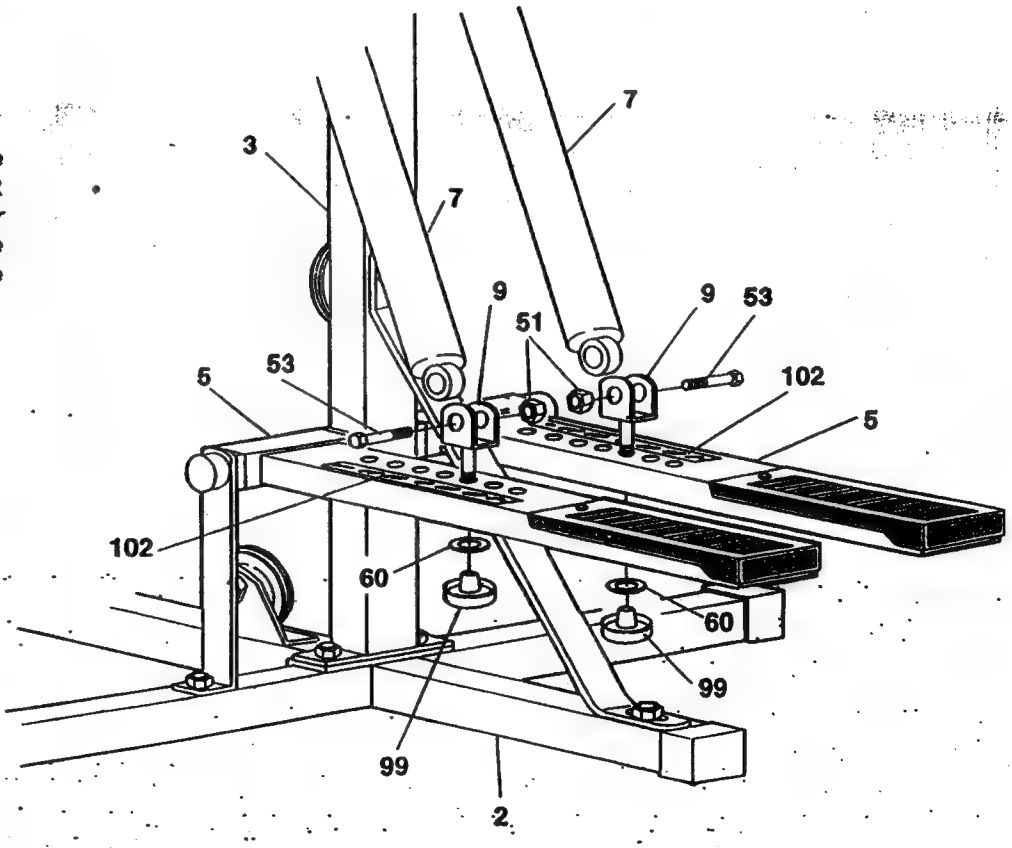
☐ *Insert the bolt on the* **CYLINDER MOUNTING BRACKET (9)** *into one of the holes in the* **STEPPER PEDALS (5)** *and secure in place with a* **3/8" FLAT WASHER (60)** *and a* **3/8" FEMALE KNOB (99).**

» **NOTE:** *There are seven hole locations in the* **STEPPER PEDALS (5).** *The Stepper resistance increases as the Cylinder is moved toward the end of the Pedal.*

☐ *Remove the* **STEPPER STATION DECAL (101)** *from the backing sheet and apply to the* **REAR UPRIGHT (3)** *on the Stepper side.*

☐ *Remove the* **RESISTANCE SCALE DECALS (102)** *from the backing sheet and attach the Decals to the* **STEPPER PEDALS (5)** *along side of the resistance holes so that the lightest setting (1) is aligned with the first hole and the scale reads from front to back.*



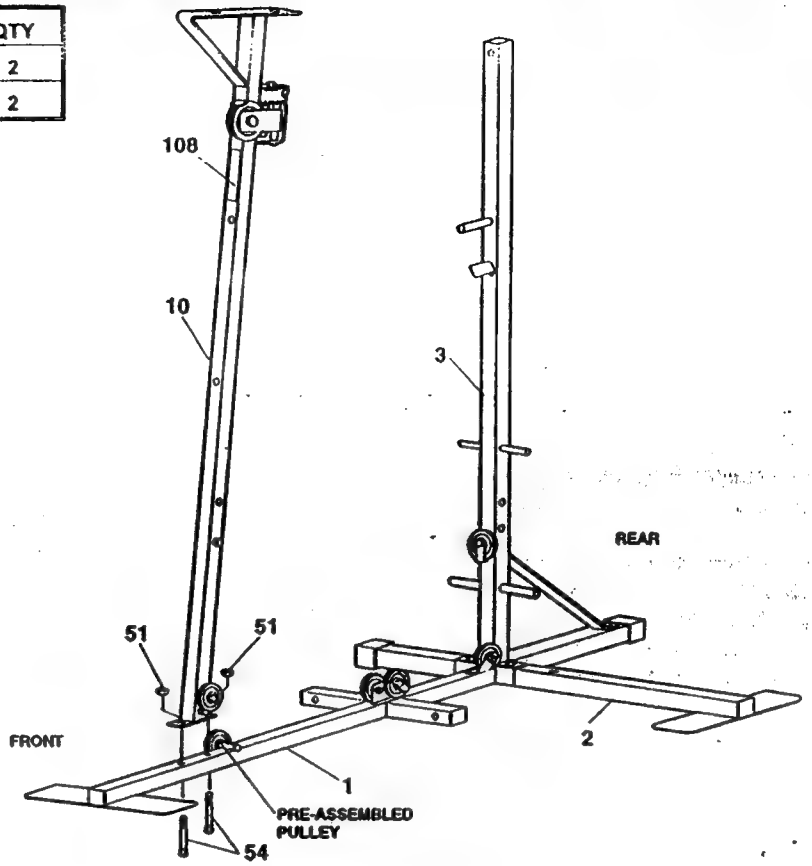


STEP 4 FRONT UPRIGHT ASSEMBLY

PART NAME	QTY
51 5/16" NYLON LOCK NUT	2
54 5/16" X 2 1/2" CARRIAGE BOLT	2

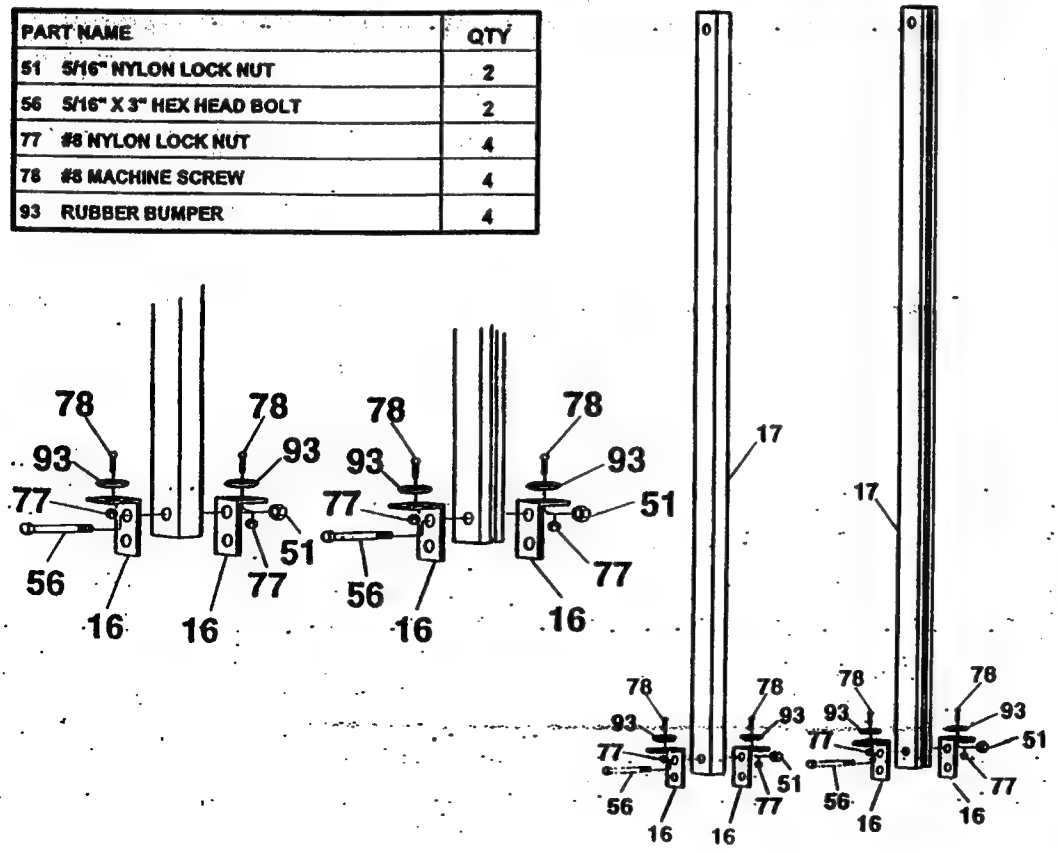
☐ *Assemble the* **FRONT UPRIGHT (10)** *to the* **MAIN BASE (1).** *Orient the Upright so that the Welded Bracket at the top of the Upright is facing toward the front of the unit. Using* **5/16" X 2 1/2" CARRIAGE BOLTS (54),** *bolt up through the bottom of the Main Base and into the bracket of the Front Upright. Secure with* **5/16" NYLON LOCK NUTS (51).**

☐ *Remove the* **MULTI-STATION DECAL (108)** *from the backing sheet and affix to the front of the* **FRONT UPRIGHT (10).**



STEP 5 WEIGHT SUPPORT L-BRACKET ASSEMBLY

PART NAME	QTY
51 5/16" NYLON LOCK NUT	2
56 5/16" X 3" HEX HEAD BOLT	2
77 #8 NYLON LOCK NUT	4
78 #8 MACHINE SCREW	4
93 RUBBER BUMPER	4



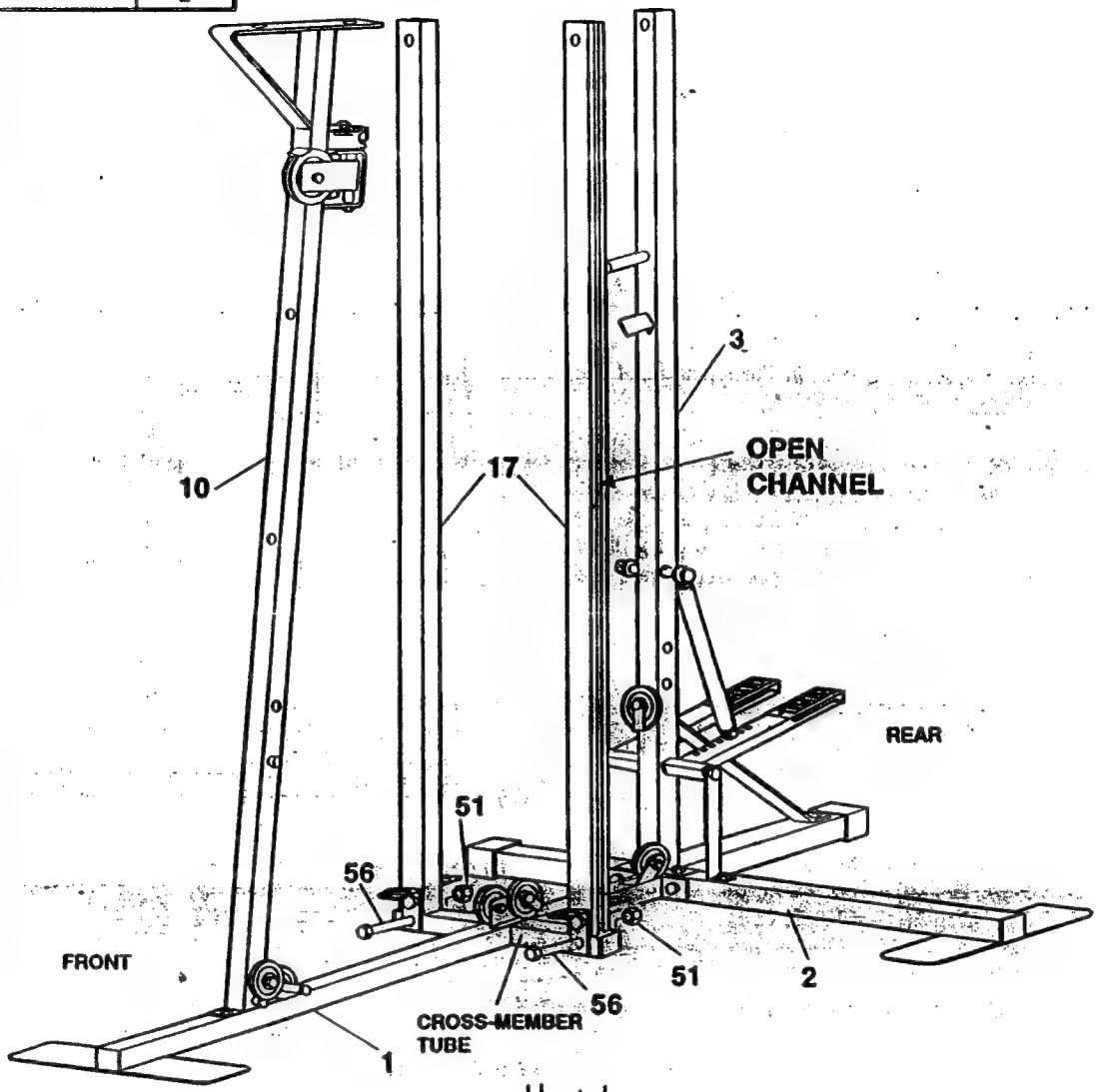
☐ *Attach the* **WEIGHT SUPPORT L-BRACKETS (16)** *to the bottom and each side of the* **GUIDE RODS (17)** *using* **5/16" X 3" HEX HEAD BOLTS (56)** *to bolt through the top hole of the Bracket and then through the Guide Rod. Secure with* **5/16" NYLON LOCK NUTS (51).**

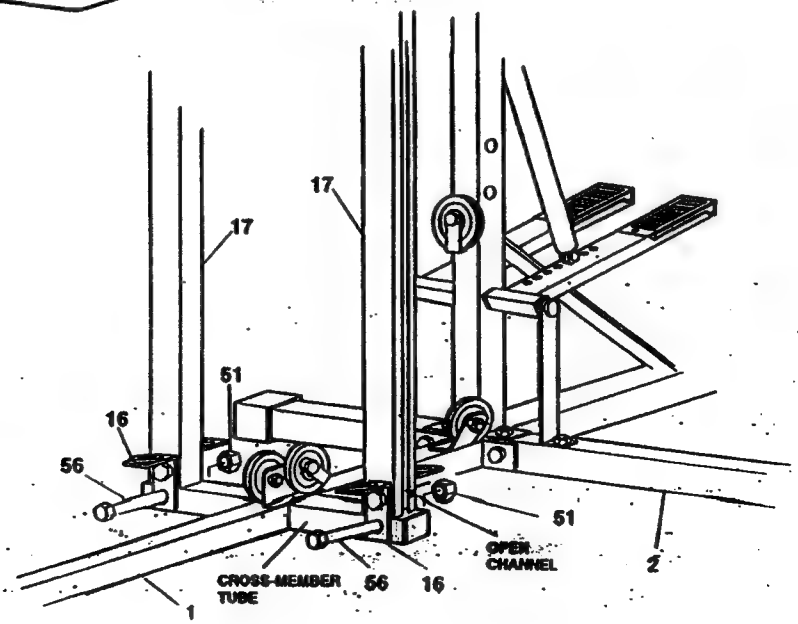
☐ *Assemble* **RUBBER BUMPERS (93)** *to the single hole in the top of the* **WEIGHT SUPPORT L-BRACKETS (16)** *using* **#8 MACHINE SCREWS (78)** *to bolt down through the Rubber Bumper and then through the Bracket. Secure with* **#8 NYLON LOCK NUTS (77).**

STEP 6 GUIDE ROD ASSEMBLY

PART NAME	QTY
51 5/16" NYLON LOCK NUT	2
56 5/16" X 3" HEX HEAD BOLT	2

☐ *Assemble the* **GUIDE RODS (17)** *to the ends and the top of the Cross-member Tube of the* **MAIN BASE (1),** *trapping the Cross-member Tube between the* **WEIGHT SUPPORT L-BRACKETS (16).** *Orient the Open Channel in the Guide Rods so that it is facing outward from the unit. Bolt in place using* **5/16" X 3" HEX HEAD BOLTS (56)** *to bolt through the* **WEIGHT SUPPORT L-BRACKET (16),** *through the Base, and then through the other L-Bracket. Secure with a* **5/16" NYLON LOCK NUT (51).**





STEP 7 WEIGHT STACK ASSEMBLY

PART NAME	QTY
18 NYLON GUIDE WHEEL	8
57 5/16" X 1 3/4" CARRIAGE BOLT	2
132 WEIGHT SELECTOR PIN	2

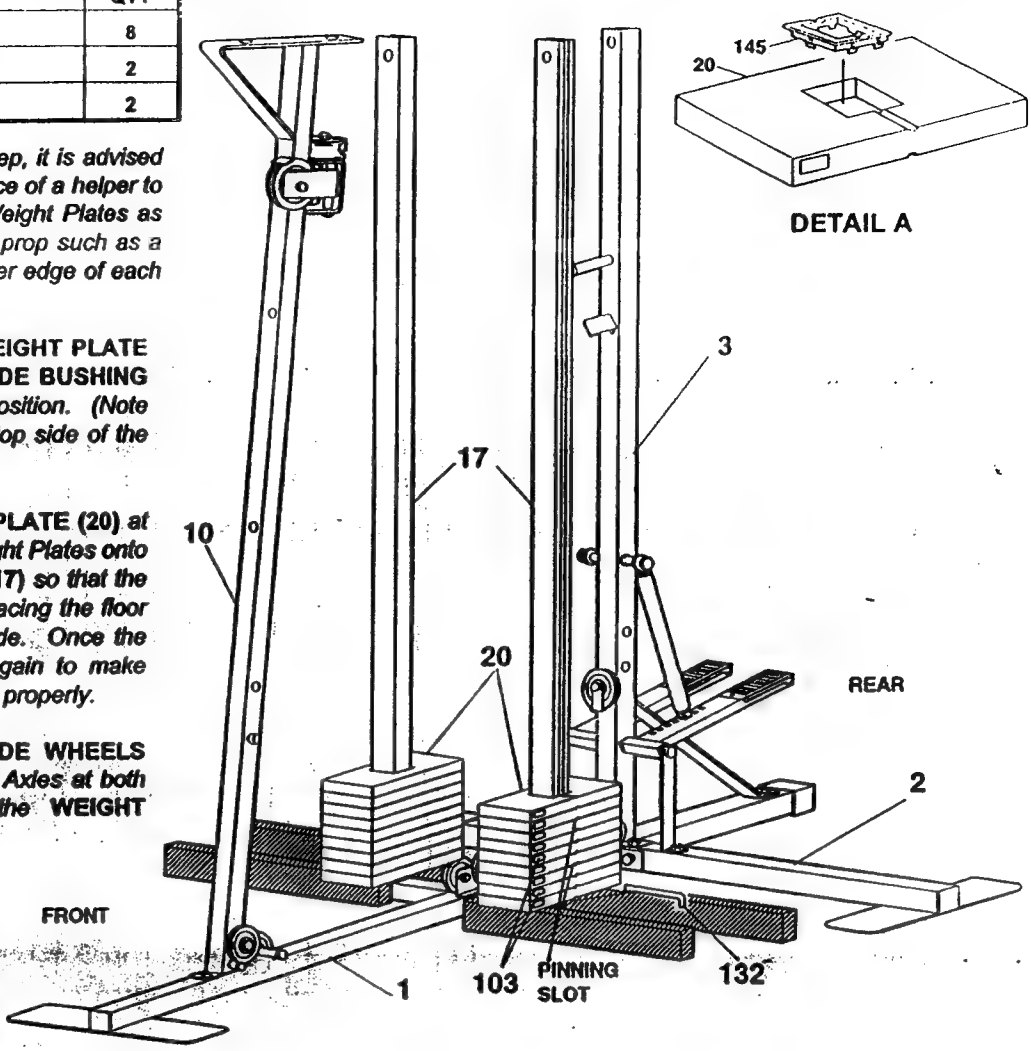
» **CAUTION:** *To aid in this step, it is advised that you secure the assistance of a helper to assist in steadying of the Weight Plates as they are stacked or place a prop such as a block of wood under the outer edge of each Weight Stack.*

☐ *Into the top side of each* **WEIGHT PLATE (20),** *press a* **PLASTIC GUIDE BUSHING (145)** *into the center hole position. (Note that "Weider" is cast in the top side of the Plates.)* **(SEE DETAIL A)**

☐ *Working with one* **WEIGHT PLATE (20)** *at a time, stack only* **NINE** *Weight Plates onto each of the* **GUIDE RODS (17)** *so that the Pinning Slot in the Plate is facing the floor and also facing to the outside. Once the Stack is complete, check again to make sure all Plates are positioned properly.*

☐ *Assemble the* **NYLON GUIDE WHEELS (18)** *onto the Welded Roller Axles at both the top and bottom of the* **WEIGHT SELECTOR TUBES (19).**

☐ *Assemble the final* **WEIGHT PLATE (20)** *onto each of the* **WEIGHT SELECTOR TUBES (19).** *Orient the Plates so that the Pinning Slot is located on the same side as the Steel Rod Pin.*

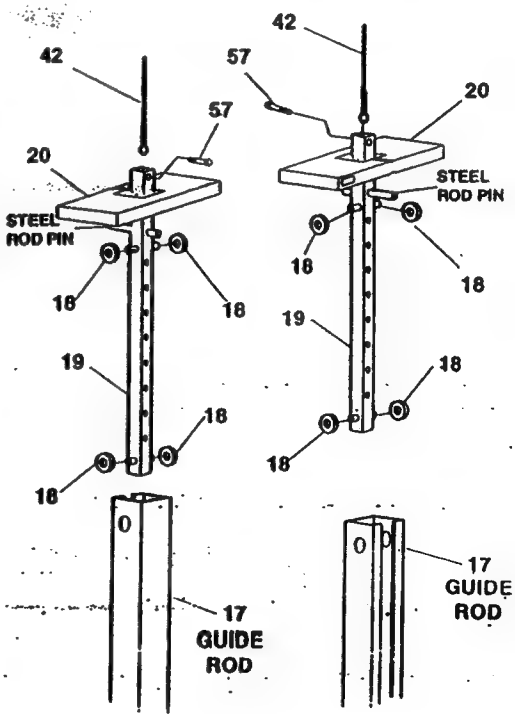


☐ *Assemble one Loop end of each of the* **WEIGHT STACK CABLES (42)** *into the top of the* **WEIGHT SELECTOR TUBES (19)** *and secure in place with* **5/16" X 1 3/4" CARRIAGE BOLTS (57).** *Make sure that these Bolts are oriented with the Bolt end extending out in the same direction as the longer portion of the Steel Rod Pins.*

☐ *Insert the assembled* **WEIGHT SELECTOR TUBES (19)** *down inside the top of the* **GUIDE RODS (17).** *Orient the Selector Tube so that the Steel Rod Pin is extending out through the Open Channel of the Guide Rod. Slide the Selector Tube down the Guide Rod to the Weight Stack.*

☐ *Insert one of the* **WEIGHT SELECTOR PINS (132)** *into each of the Weight Stacks at the bottom Plate until assembly is complete and the Cable system has been adjusted for proper tensioning.*

☐ *Remove the* **WEIGHT PLATE DECALS (103)** *from the backing sheet and affix to the edge of the* **WEIGHT PLATES (20)** *just to the side of the Pinning Slots. Decals should progress from the lightest Weight on the top Plate to the heaviest Weight at the bottom.*



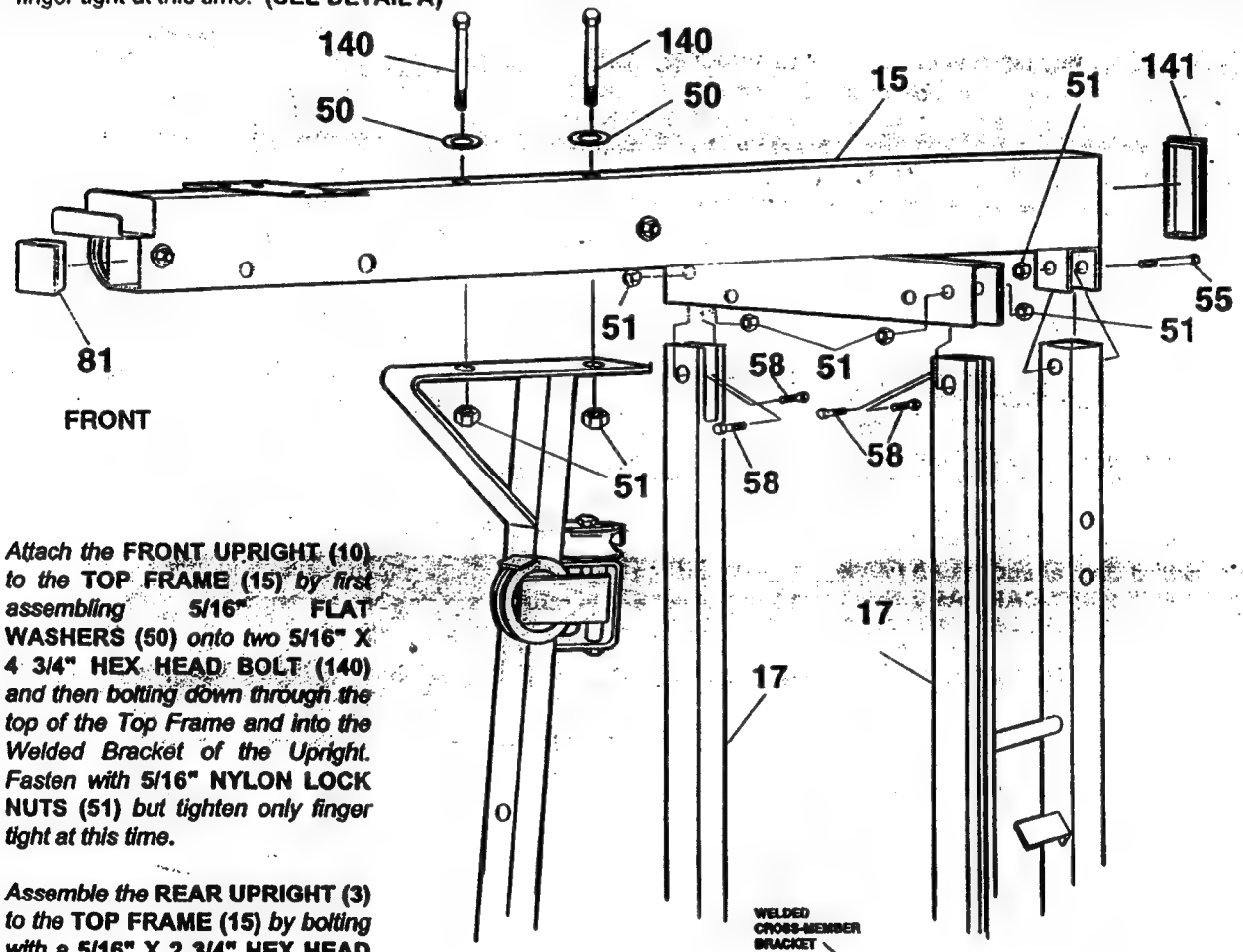
STEP 8 TOP FRAME ASSEMBLY

PART NAME	QTY
50 5/16" FLAT WASHER	2
51 5/16" NYLON LOCK NUT	7
55 5/16" X 2 3/4" HEX HEAD BOLT	1
58 5/16" X 1/2" HEX HEAD BOLT	4
81 2" SQUARE PLASTIC INSERT CAP	1
140 5/16" X 4 3/4" HEX HEAD BOLT	2
141 2" X 4" PLASTIC INSERT CAP	1

☐ *Press a* **2" SQUARE PLASTIC INSERT CAP (81)** *into the front of the* **TOP FRAME (15)**. *Press a* **2" X 4" PLASTIC INSERT CAP (141)** *into the back of the Top Frame.*

☐ *Assemble the* **TOP FRAME (15)** *to the top of the* **FRONT UPRIGHT (10)** *and the* **REAR UPRIGHT (3)**. *Align bolt holes and place the Rear Upright into the Welded Brackets of the Top Frame and the Guide Rods into the Welded Cross-member Bracket of the Top Frame.*

☐ *Assemble the* **GUIDE RODS (17)** *to the Welded Cross-member Bracket of the* **TOP FRAME (15)** *by inserting* **5/16" X 1/2" HEX HEAD BOLTS (58)** *into the open slot at the top and on the inside of the Guide Rod. Insert the Bolts one through each side of the Guide Rod and then through the Bracket. Fasten with a* **5/16" NYLON LOCK NUT (51)** *but tighten only finger tight at this time.* **(SEE DETAIL A)**

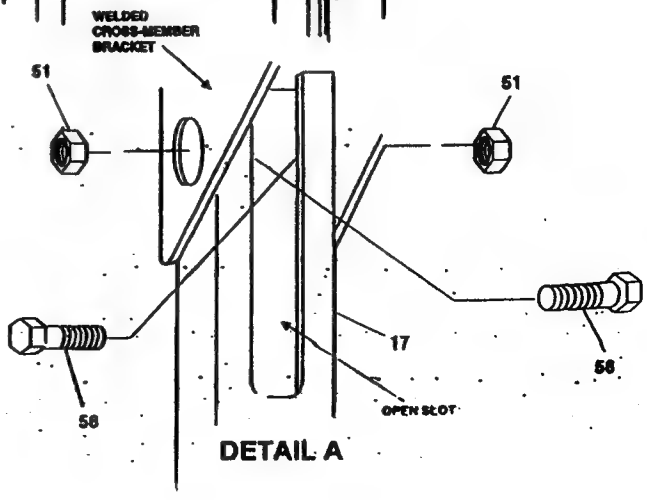


☐ *Attach the* **FRONT UPRIGHT (10)** *to the* **TOP FRAME (15)** *by first assembling* **5/16" FLAT WASHERS (50)** *onto two* **5/16" X 4 3/4" HEX HEAD BOLT (140)** *and then bolting down through the top of the Top Frame and into the Welded Bracket of the Upright. Fasten with* **5/16" NYLON LOCK NUTS (51)** *but tighten only finger tight at this time.*

☐ *Assemble the* **REAR UPRIGHT (3)** *to the* **TOP FRAME (15)** *by bolting with a* **5/16" X 2 3/4" HEX HEAD BOLT (55)** *through the Welded Bracket of the Top Frame an then through the Upright. Secure with a* **5/16" NYLON LOCK NUT (51)**.

☐ *Take the time now to tighten all the Bolts that were previously left untightened in this step.*

☐ *Remove the* **POWER GUIDE DECAL (100)** *from the backing sheet and affix to both sides of the* **TOP MAST (15)**.



DETAIL A

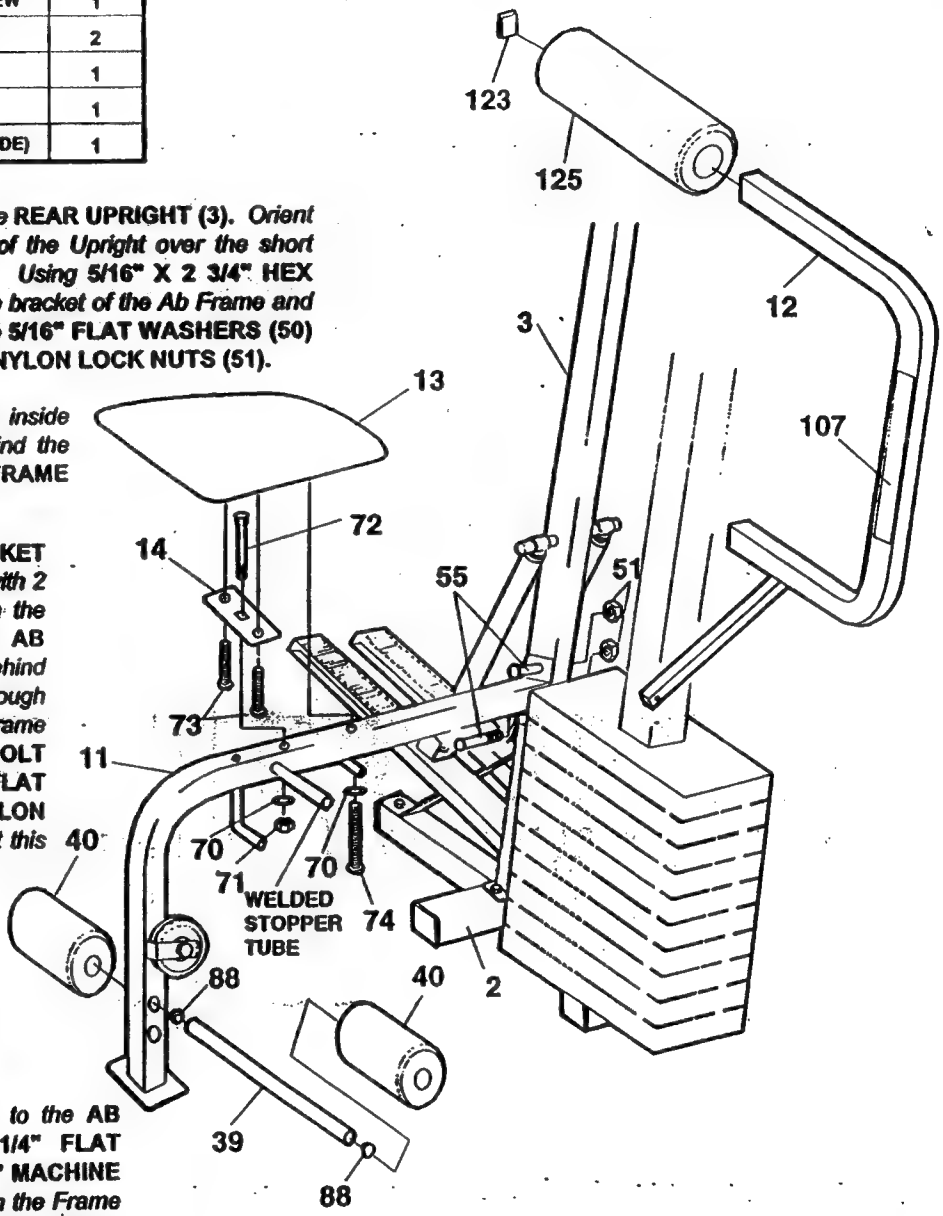
STEP 9 AB ARM ASSEMBLY

PART NAME	QTY
50 5/16" FLAT WASHER	2
51 5/16" NYLON LOCK NUT	2
55 5/16" X 2 3/4" HEX HEAD BOLT	2
70 1/4" FLAT WASHER	2
71 1/4" NYLON LOCK NUT	1
73 1/4" X 3/4" ROUND HEAD MACHINE SCREW	2
74 1/4" X 2 1/4" ROUND HEAD MACHINE SCREW	1
88 3/4" ROUND PLASTIC INSERT CAP	2
123 1 1/4" SQUARE PLASTIC INSERT CAP	1
131 1/4" X 2 1/4" CARRIAGE BOLT	1
144 1" ROUND COVER CAP (9-1 WRITTEN INSIDE)	1

☐ *Assemble a* **1" ROUND COVER CAP (9-1 WRITTEN INSIDE) (144)** *onto the Handle Stopper Tube on the* **AB FRAME (11).**

☐ *Assemble a* **1 1/4" SQUARE PLASTIC INSERT CAP (123)** *into the long handle end of the* **AB ARM (12).**

☐ *Wipe a small amount of liquid dish detergent along the long handle of the* **AB ARM (12)** *and slide on the* **3 3/4" X 10" FOAM ROLLER (125).**



☐ *Assemble the* **AB FRAME (11)** *to the* **REAR UPRIGHT (3).** *Orient the Ab Frame onto the right side of the Upright over the short extension of the* **REAR BASE (2).** *Using* **5/16" X 2 3/4" HEX HEAD BOLTS (55),** *bolt through the bracket of the Ab Frame and then through the Upright. Assemble* **5/16" FLAT WASHERS (50)** *onto the Bolt and secure with* **5/16" NYLON LOCK NUTS (51).**

☐ *Push the* **AB ARM (12)** *onto the inside Welded Tube located directly behind the Handle Stopper Tube on the* **AB FRAME (11).**

☐ *Attach a* **SEAT MOUNTING BRACKET (14)** *(This is a flat bracket 2" X 6" with 2 round holes and a square hole in the center.) to the top side of the* **AB FRAME (11)** *at the hole location behind the Welded Tubes. Bolt down through the Mounting Bracket and the Ab Frame with a* **1/4" X 2 1/4" CARRIAGE BOLT (131).** *Fasten in place with a* **1/4" FLAT WASHER (70)** *and a* **1/4" NYLON LOCK NUT (71).** *Do not tighten at this time.*

☐ *Locate the* **AB SEAT (13)** *over the* **SEAT MOUNTING BRACKET (14).** *Assemble up through the Bracket and into the bottom of the Seat with* **1/4" X 3/4" ROUND HEAD MACHINE SCREWS (73).**

☐ *Attach the rear of the* **SEAT (13)** *to the* **AB FRAME (11)** *by assembling a* **1/4" FLAT WASHER (70)** *onto a* **1/4" X 2 1/4" MACHINE SCREW (74)** *and bolting up through the Frame and into the Seat. Tighten the* **CARRIAGE BOLTS (131)** *in the Mounting Brackets at this time.*

☐ *Press* **3/4" ROUND PLASTIC INSERT CAPS (88)** *into the ends of a* **3/4" X 13" LONG PAD BAR (39).** *Wipe a small amount of liquid dish detergent along the length of the Pad Bar. This will help in the assembly of the Foam Rollers. When the detergent dries, it will also act as an adhesive. Insert the Pad Bar into a* **3" X 5 3/4" FOAM ROLLER (40).** *Insert the Pad Bar into either one of the two hole locations on the lower leg of the* **AB FRAME (11).** *Assemble on the other* **FOAM ROLLER (40).**

☐ *Remove the* **AB STATION DECAL (107)** *from the backing sheet and attach to the the* **AB ARM (12).**

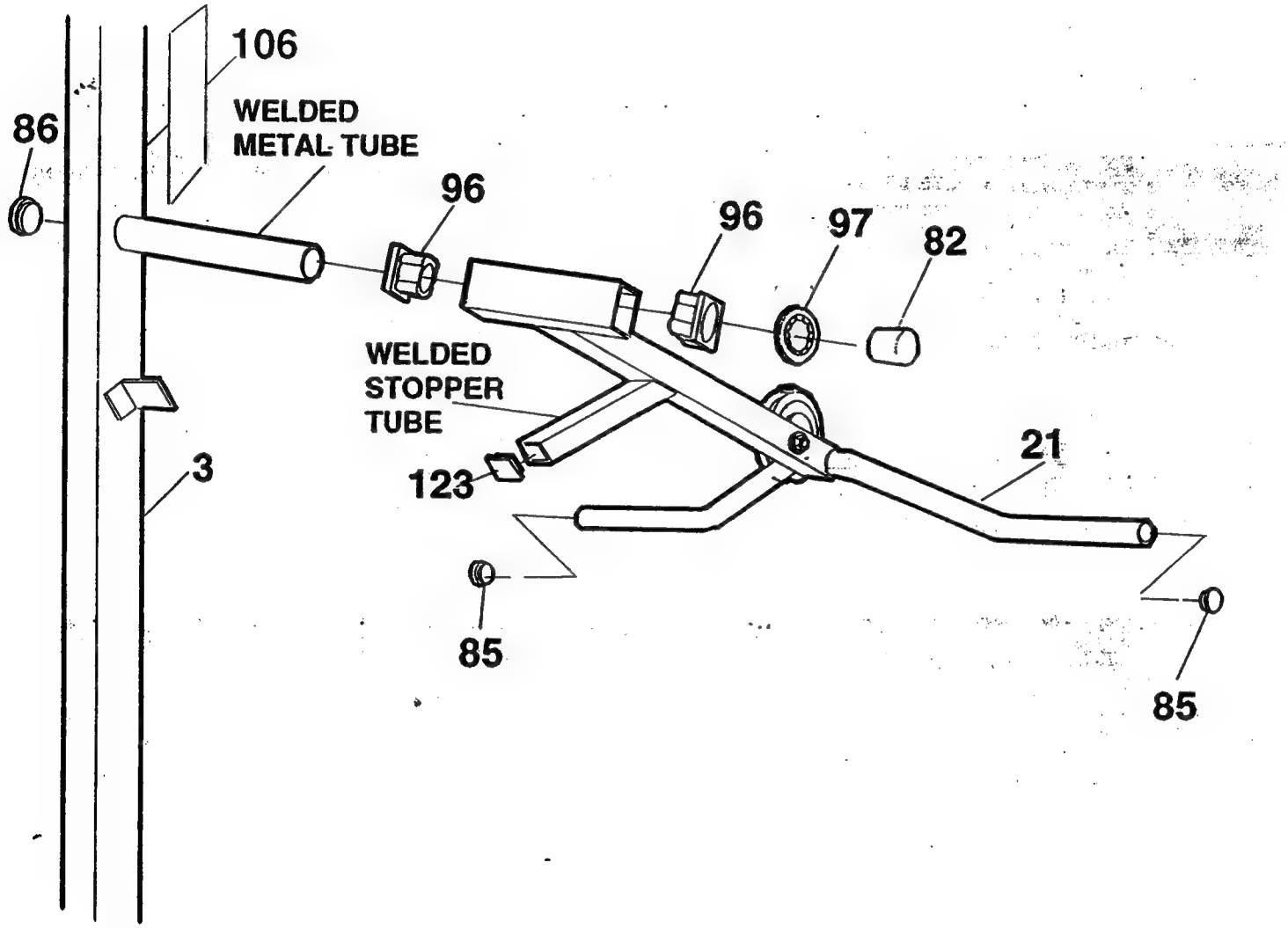
STEP 10 SQUAT ARM ASSEMBLY

PART NAME	QTY
82 1" ROUND PLASTIC COVER CAP	1
85 1 1/4" ROUND PLASTIC INSERT CAP	2
86 1" ROUND PLASTIC INSERT CAP	1
96 1 1/2" SQUARE PIVOT BUSHING	2
97 1" SPRING RETAINER RING	1

☐ *Press* 1 1/4" ROUND PLASTIC INSERT CAPS (85) *into the Handle Bar ends of the* SQUAT ARM (21).

☐ *Press a* 1 1/4" SQUARE PLASTIC INSERT CAP (123) *into the Welded Stopper Tube on the* SQUAT ARM (21).

☐ *Press a* 1" ROUND PLASTIC INSERT CAP (86) *into the shorter side of the Welded Metal Tube.*



☐ *Assemble* 1 1/2" SQUARE PIVOT BUSHINGS (96) *into the ends of the* SQUAT ARM (21).

☐ *Slide the* SQUAT ARM (21) *onto the Welded Metal Tube on the* REAR UPRIGHT (3).

☐ *Using a* 1" ROUND PLASTIC COVER CAP (82) *as an aid, drive a* 1" SPRING RETAINER RING (97) *onto the Welded Metal Tube to secure the* SQUAT ARM (21) *in place. Note that the teeth in the Spring Retainer Ring are tilted slightly to one side. The teeth should be away from the Welded Tube as it is driven on. Tap in place with a hammer.*

☐ *Remove the* SQUAT STATION DECAL (106) *from the backing sheet and attach to the* REAR UPRIGHT (3) *Welded Metal Tube on the Squat Station side.*

STEP 11 DIP STATION ASSEMBLY

PART NAME	QTY
50 5/16" FLAT WASHER	4
51 5/16" NYLON LOCK NUT	4
55 5/16" X 2 3/4" HEX HEAD BOLT	2
59 5/16" X 2" HEX HEAD BOLT	2
70 1/4" FLAT WASHER	6
75 1/4" X 2" ROUND HEAD MACHINE SCREW	4
76 1/4" X 2 1/2" ROUND HEAD MACHINE SCREW	2
84 1 1/2" SQUARE PLASTIC INSERT CAP	2
86 1" ROUND PLASTIC INSERT CAP	2

☐ *Cap the ends (with the holes) of the* **DIP HANDLES (24)** *with* **1" ROUND PLASTIC INSERT CAPS (86).**

☐ *Assemble* **PLASTIC GRIPS (34)** *onto the ends (without the holes) of the* **DIP HANDLES (24).**

☐ *Cap the front ends of the* **DIP ARMS (23)** *with* **1 1/2" SQUARE PLASTIC INSERT CAPS (84).**

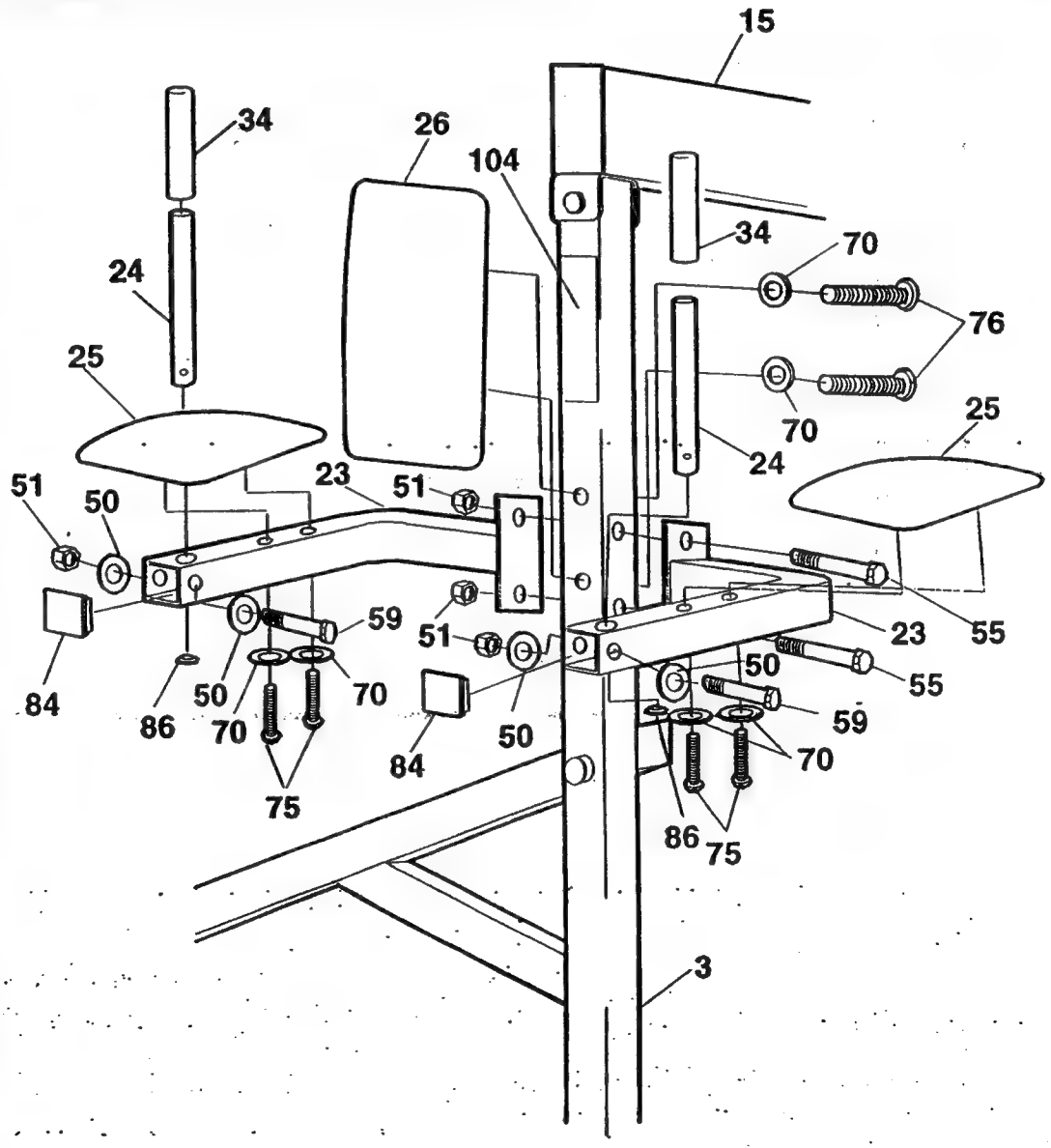
☐ *Attach the* **DIP ARMS (23)** *to the top and sides of the* **REAR UPRIGHT (3)** *with two* **5/16" X 2 3/4" HEX HEAD BOLTS (55)** *and* **5/16" NYLON LOCK NUTS (51).** *(The Dip Station will extend out over the Stepper.)*

☐ *Bolt the* **DIP HANDLES (24)** *into the* **DIP ARMS (23)** *by first assembling* **5/16" FLAT WASHERS (50)** *onto two* **5/16" X 2" HEX HEAD BOLTS (59)** *and then bolt through the Arm and the Handles. Assemble another* **5/16" FLAT WASHER (50)** *onto each bolt and fasten with* **5/16" NYLON LOCK NUTS (51).**

☐ *Attach the* **DIP ARM PADS (25)** *to the* **DIP ARMS (23)** *using* **1/4" X 2" ROUND HEAD MACHINE SCREWS (75)** *and* **1/4" FLAT WASHERS (70).**

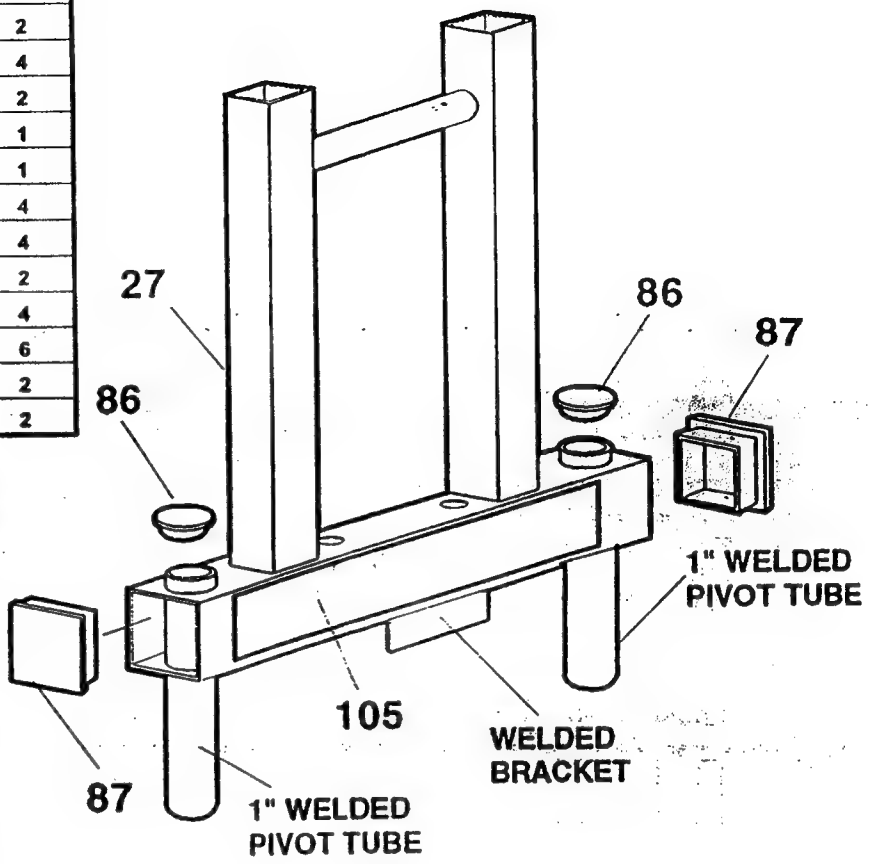
☐ *Assemble the* **DIP STATION BACKREST (26)** *to the* **REAR UPRIGHT (3)** *by first assembling* **1/4" FLAT WASHERS (70)** *onto two* **1/4" X 2 1/2" ROUND HEAD MACHINE SCREWS (76)** *and then bolting through the back of the Upright and into the back of the Backrest.*

☐ *Remove the* **DIP STAITON DECAL (104)** *from the backing sheet and adhere to the* **REAR UPRIGHT (3)** *the* **DIP**



STEP 12 ARM PRESS ASSEMBLY

	PART NAME	QTY
28	4" LONG HALF ROUND PLASTIC PIVOT BUSHING	2
48	5/16" X 2 1/4" HEX HEAD BOLT	2
50	5/16" FLAT WASHER	4
51	5/16" NYLON LOCK NUT	2
68	1/2" PLAIN NUT	1
69	1/2" X 8" HEX HEAD BOLT	1
71	1/4" NYLON LOCK NUT	4
73	1/4" X 3/4" ROUND HEAD MACHINE SCREW	4
82	1" ROUND PLASTIC COVER CAP	2
86	1" ROUND PLASTIC INSERT CAP	4
87	1 3/4" SQUARE PLASTIC INSERT CAP	6
91	1/2" O.D. X 7/16" LONG METAL BUSHING	2
92	1/2" I.D. X 2 5/8" LONG METAL BUSHING	2



☐ *Cap each end of the bottom Cross-member Tube of the* **ARM PRESS PIVOT FRAME (27)** *with* **1 3/4" SQUARE PLASTIC INSERT CAPS (87).**

☐ *Cap the top of the Pivot tubes on the* **ARM PRESS PIVOT FRAME (27)** *with* **1" ROUND PLASTIC INSERT CAPS (86).**

☐ *Assemble a* **1/2" I.D. X 2 5/8" LONG METAL BUSHING (92)** *onto a* **1/2" X 8" HEX HEAD BOLT (69)** *and insert into the hole behind the Flat Welded Plate on top of the* **TOP FRAME (15).** *Assemble another* **1/2" I.D. X 2 5/8" LONG METAL BUSHING (92)** *onto the Bolt and secure with a* **1/2" PLAIN NUT (68).**

☐ *Fit a* **4" LONG HALF ROUND PLASTIC PIVOT BUSHING (28)** *onto the* **ARM PRESS PIVOT FRAME (27).** *Assemble this around the round tube welded between the Arm Press Pivot Frame. Position a second* **PIVOT BUSHING (28)** *around the tube.*

☐ *Assemble the* **ARM PRESS PIVOT FRAME (27)** *over the top end of the* **TOP FRAME (15)** *and onto the Flat Welded Plate. Make sure that the Welded Bracket located at the bottom of the Arm Press Pivot Frame is to the front of the unit.*

☐ *Place the* **ARM PRESS CAP (29)** *on top of the* **ARM PRESS PIVOT BUSHING (28).** *Bolt the assembly to the* **TOP FRAME (15)** *using four* **1/4" X 3/4" ROUND HEAD MACHINE SCREWS (73)** *to bolt up through the bottom of the Flat Welded Plate and into the Arm Press Cap. Secure with* **1/4" NYLON LOCK NUTS (71).**

☐ *Remove the* **ARM PRESS DECAL (105)** *from the backing sheet and position the Decal to the front of the Cross-member Tube on the* **ARM PRESS PIVOT FRAME (27).**

☐ *Cap each end of the* **ARM PRESS ARMS (31)** *and* **(32)** *with* **1 3/4" SQUARE PLASTIC INSERT CAPS (87).**

☐ *Press the* **ARM PRESS ARMS (31)** *and* **(32)** *onto the 1" Welded Pivot Tubes in the* **ARM PRESS PIVOT FRAME (27)** *so that the Welded Pulley Brackets face to the rear of the gym.*

☐ *Secure the* **ARM PRESS ARMS (31)** *and* **(32)** *onto the Pivot Tubes with* **TWO** *each* **1" I.D. SPRING RETAINER RINGS (97)** *and cap the Tube end with a* **1" ROUND PLASTIC COVER CAP (82).**

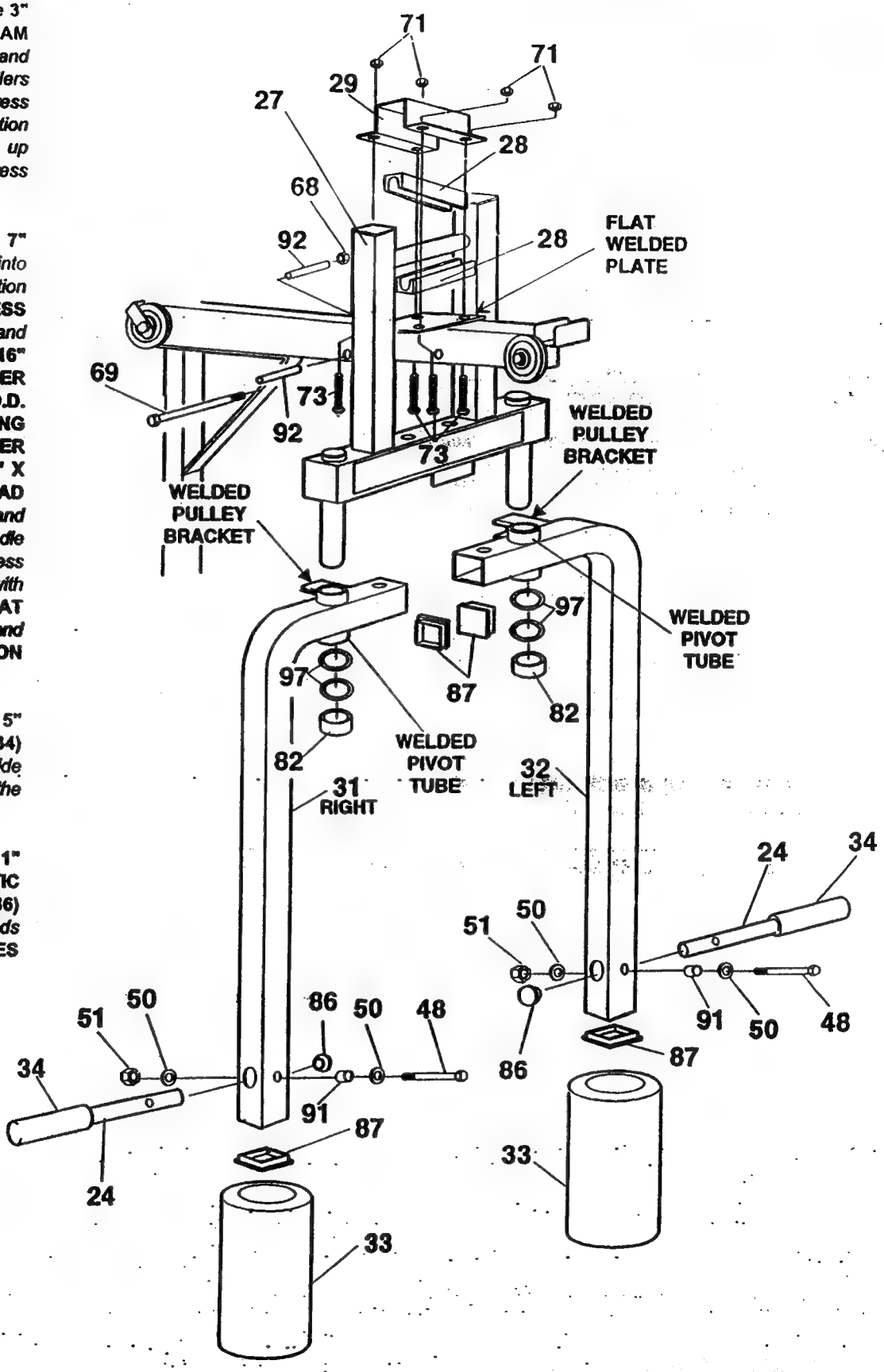
NOTE: ***The Spring Retainer Rings are made so that the teeth bend to one side. Align the Retainer Rin*** ***are pointed down. The 1" Cover Cap can be used to help drive the Retainer Rings onto the Pivot T*** ***Rings and cap the Tube. Lightly drive the assembly in place with the aid of a hammer.***

- ☐ *Squeeze a small amount of liquid dish detergent into the* **3" X 6 3/4" FOAM ROLLERS (33)** *and slide the Rollers onto the Arm Press Arms and position them about 5" up from the Arm Press Arm end.*

- ☐ *Insert the* **1" X 7" HANDLES (24)** *into the bottom section of the* **ARM PRESS ARMS (31)** *and* **(32).** *Fit a* **5/16" FLAT WASHER (50)** *and a* **1/2" O.D. X 7/16" LONG METAL SPACER (91)** *onto a* **5/16" X 2 1/4" HEX HEAD BOLT (48)** *and attach the Handle into the Arm Press Arm. Fasten with another* **5/16" FLAT WASHER (50)** *and a* **5/16" NYLON LOCK NUT (51).**

- ☐ *Assemble a* **1" X 5" PLASTIC GRIP (34)** *onto the outside ends of the* **HANDLES (24).**

- ☐ *Assemble a* **1" ROUND PLASTIC INSERT CAP (86)** *into the inside ends of the* **HANDLES (24).**



STEP 13 BACKREST, SEAT, & LEG EXTENSION ASSEMBLY

	PART NAME	QTY
48	5/16" X 2 1/4" HEX HEAD BOLT	1
50	5/16" FLAT WASHER	1
51	5/16" NYLON LOCK NUT	2
52	5/16" X 2 3/4" CARRIAGE BOLT	1
70	1/4" FLAT WASHER	4
71	1/4" NYLON LOCK NUT	2
72	1/4" X 2" CARRIAGE BOLT	2
73	1/4" X 3/4" ROUND HEAD MACHINE SCREW	4
76	1/4" X 2 1/2" ROUND HEAD MACHINE SCREW	2
84	1 1/2" SQUARE PLASTIC INSERT CAP	2
88	3/4" ROUND PLASTIC INSERT CAP	4
90	5/16" FEMALE KNOB	1
121	5/16" X 2" EYE-BOLT	1

☐ *Cap the end of the* **SEAT FRAME (36)** *with a* **1 1/2" SQUARE PLASTIC INSERT CAP (84).**

☐ *Cap the bottom of the* **LEG EXTENSION (38)** *with a* **1 1/2" SQUARE PLASTIC INSERT CAP (84).**

☐ *Assemble the* **ARM PRESS BACKREST (35)** *to the* **FRONT UPRIGHT (10)** *by first assembling* **1/4" FLAT WASHERS (70)** *onto two* **1/4" X 2 1/2" ROUND HEAD MACHINE SCREWS (76)** *and then bolt through the back of the Upright and into the Backrest.*

☐ *Orient the* **SEAT FRAME (36)** *so that the end of the tube turns upward. Fit the bracket of the Seat Frame around the* **FRONT UPRIGHT (10)** *and set the slot in the Seat Frame over the Pin in the Upright. Insert a* **5/16" X 2 3/4" CARRIAGE BOLT (52)** *through the Seat Bracket and Upright and secure with* **5/16" FEMALE KNOB (90).**

☐ *Attach the* **SEAT MOUNTING BRACKETS (14)** *(These are flat brackets 2" X 6" with two round holes and a square hole in the center.) to the top side of the* **SEAT FRAME (36)** *by bolting down through the Mounting Bracket and then through the Seat Frame with* **1/4" X 2" CARRIAGE BOLTS (72).** *Fasten in place with* **1/4" FLAT WASHER (70)** *and* **1/4" NYLON LOCK NUTS (71).** *Do not tighten at this time.*

☐ *Locate the* **SEAT (37)** *over the* **SEAT MOUNTING BRACKET (14)** *so the wide end of the Seat is to the front of the unit. Assemble up through the Brackets and into the bottom of the Seat with* **1/4" X 3/4" ROUND HEAD MACHINE SCREWS (73).** *Now tighten the Carriage Bolts holding the Brackets.*

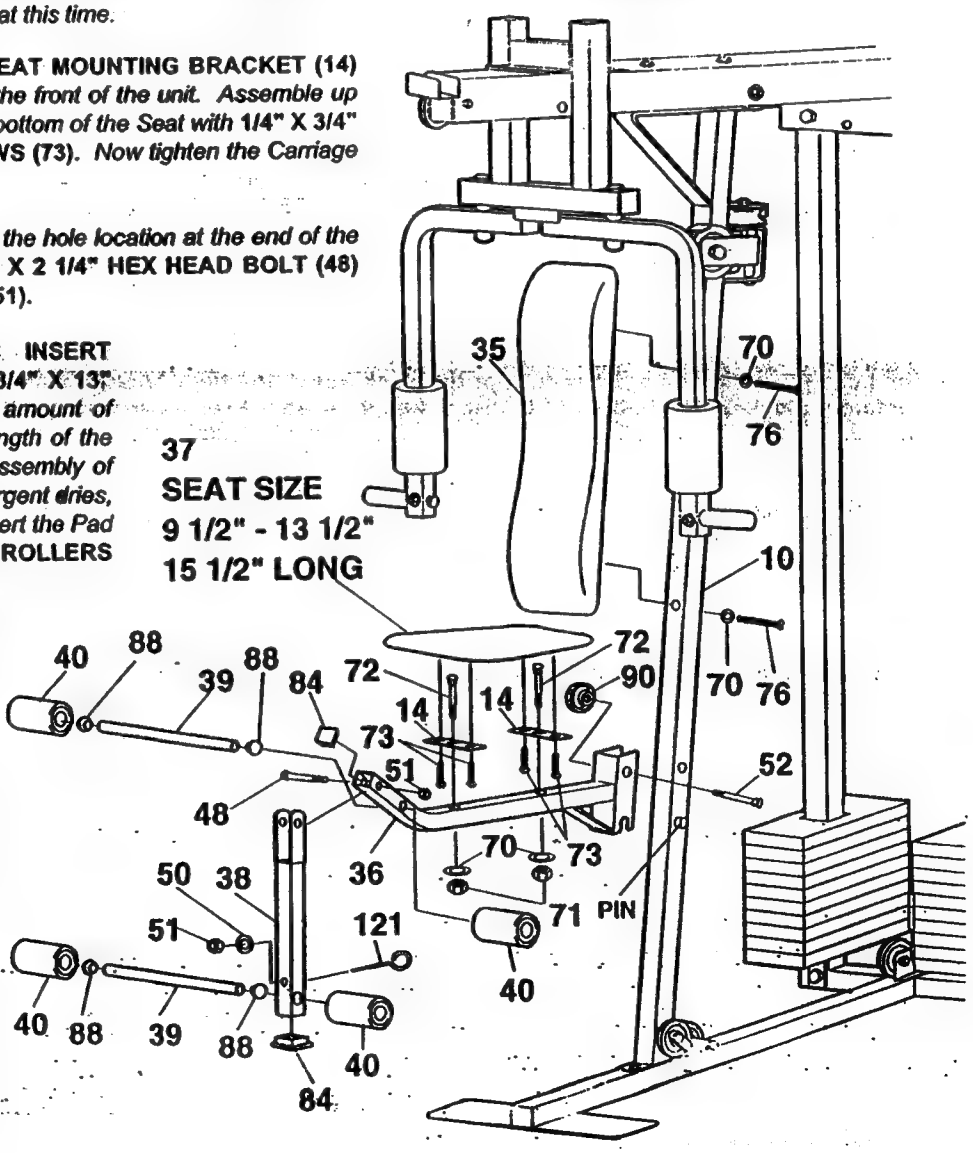
☐ *Bolt the* **LEG EXTENSION (38)** *to the hole location at the end of the* **SEAT FRAME (36)** *using a* **5/16" X 2 1/4" HEX HEAD BOLT (48)** *and a* **5/16" NYLON LOCK NUT (51).**

☐ *Press* **3/4" ROUND PLASTIC INSERT CAPS (88)** *into the ends of the* **3/4" X 13" PAD BARS (39).** *Wipe a small amount of liquid dish detergent along the length of the Pad Bars. This will help in the assembly of the Foam Rollers. When the detergent dries, it will also act as an adhesive. Insert the Pad Bars in the* **3" X 5 3/4" FOAM ROLLERS (40).**

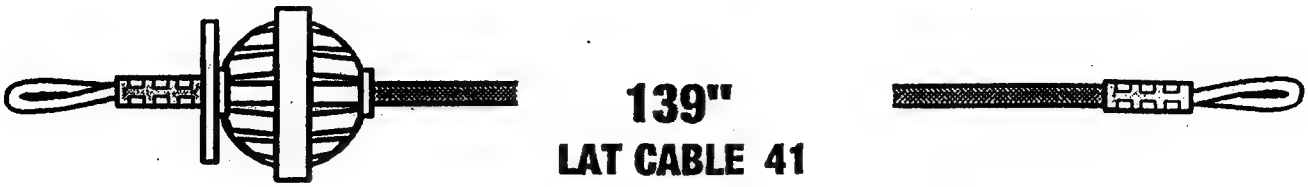
☐ *Insert one Pad Bar assembly into the access hole at the front of the* **SEAT FRAME (36)** *and slide on a second* **3" X 5 3/4" FOAM ROLLER (40).**

☐ *Insert the other Pad Bar assembly into the bottom section of the* **LEG EXTENSION (38)** *and slide on another* **3" X 5 3/4" FOAM ROLLER (40).**

☐ *Bolt a* **5/16" X 2" EYE-BOLT (121)** *into the back side of the lower portion of the* **LEG EXTENSION (38).** *Assemble a* **5/16" FLAT WASHER (50)** *onto the Bolt and fasten with a* **5/16" NYLON LOCK NUT (51).**



CABLES

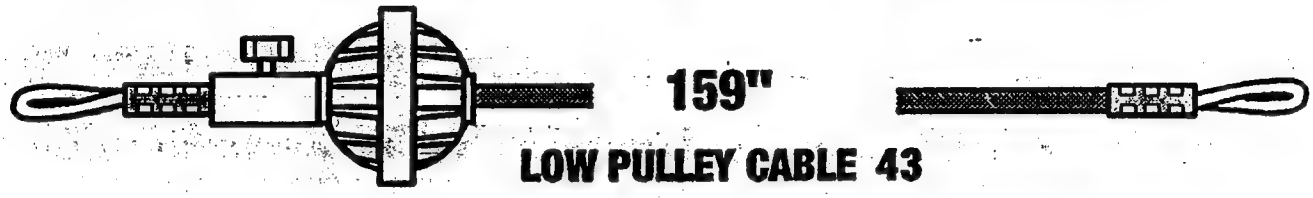


139"

LAT CABLE 41

60 1/2"

WEIGHT STACK CABLES 42



159"

LOW PULLEY CABLE 43

203"

SQUAT & AB CABLE 44

AVOID CABLE PROBLEMS:

Woven Cable, like the type used on this Gym, stretch as they become broken in. It is critical to the function of the Gym that excess Cable slack be kept adjusted out of the Cable run. For the Lat Pull-Down and the Bench Press, this is done at the Low Pulley Cable adjustment. For the Hack Squat and the Ab/Back Station, this is done by adjusting the Cable Adjustment Block on the bottom of the Hack Squat. Always keep excess slack adjusted out of the Cable run Anything more than 1 inch of slack will take away from a full range of conditioning.

Also, periodic lubrication of all moving parts; Pulleys, Brackets, Guide Wheels, and Guide Rods will eliminate excess friction and let the system work smoothly.

IF YOUR HOME GYM FEELS LIKE IT IS BINDING UP, READ THE FOLLOWING:

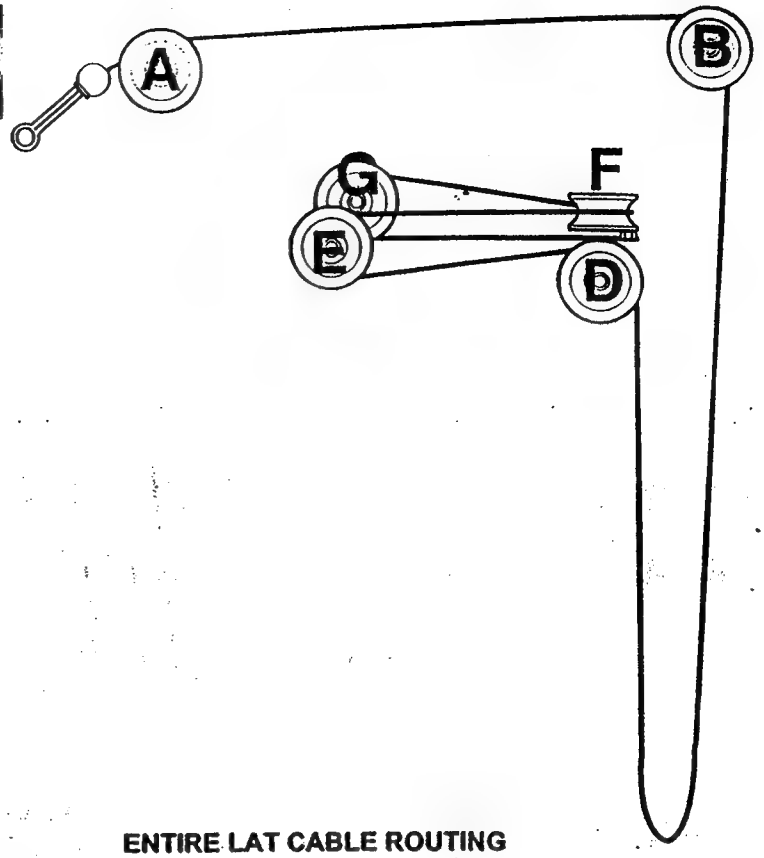
During use, if it ever feels like the exercise is binding up, stop immediately and check the Cable run and Pulleys to see if a Cable has jumped off a Pulley or if it is binding on a Cable Trap Bracket. Prompt attention may prevent Cable damage.

SAFETY TIPS:

- ☐ ALWAYS MAKE CERTAIN THAT SMALL CHILDREN ARE CLEAR OF THE UNIT WHILE IN USE.
- ☐ DO NOT ALLOW CHILDREN TO PLAY ON THIS EQUIPMENT UNATTENDED.
- ☐ NEVER PUT YOUR HANDS, FINGERS, OR OTHER PARTS OF YOUR BODY BETWEEN MOVING PARTS OR WEIGHTS WHILE THE GYM IS IN USE.
- ☐ KEEP ALL BOLTS AND FASTENERS TIGHTENED.

STEP 14 LAT CABLE ASSEMBLY

PART NAME	QTY
51 5/16" NYLON LOCK NUT	2
59 5/16" X 2" HEX HEAD BOLT	2



ENTIRE LAT CABLE ROUTING

» NOTE: *Some of the Pulleys have been pre-assembled to the unit at the factory - to assemble the Cables, you may need to loosen them slightly to position the Cable within the Pulley and under the Cable Trap Brackets.*

☐ *Select the* **139" LONG LAT CABLE (41)** *(This Cable has a large Rubber Ball and Washer on one end and a loop on the other end.) and begin by fitting the end of the Cable with the Washer and Rubber Ball into* **PULLEY A (45)** *and under the Welded Trap Bracket on the front of the* **TOP FRAME (15).** *Tighten the Pulley assembly.*

☐ *Bring the* **CABLE (41)** *rearward between the* **ARM PRESS PIVOT FRAME (27)** *and the* **TOP FRAME (15)** *and fit the Cable over* **PULLEY B (45).** *Position the* **CABLE TRAP BRACKET (47)** *at about the ten o'clock position so it just barely clears the Pulley and re-tighten this assembly tightly. (When properly tightened the Cable Trap Bracket will not rotate.)* **(SEE ILLUSTRATION A)**

PULLEY TRAP BRACKET POSITION

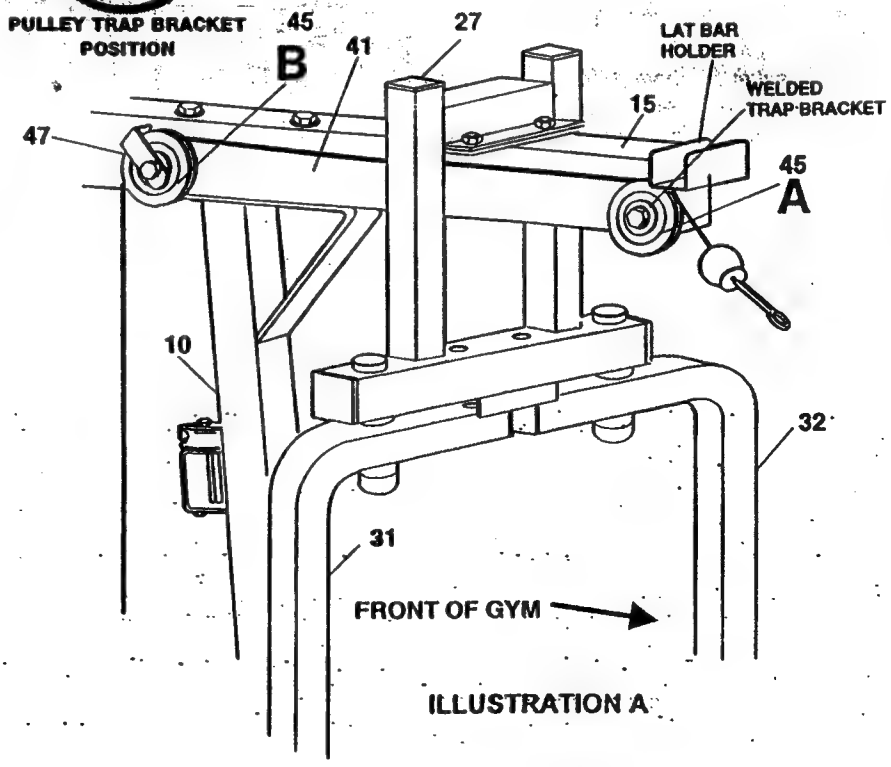


ILLUSTRATION A

☐ *Loop the* **CABLE (41)** *down between the* **FRONT UPRIGHT** (10) *and the* **GUIDE RODS** (17) *and bring the Cable back up to the Pulley assembly at the top and back of the Front Upright.* **(SEE ILLUSTRATION B)**

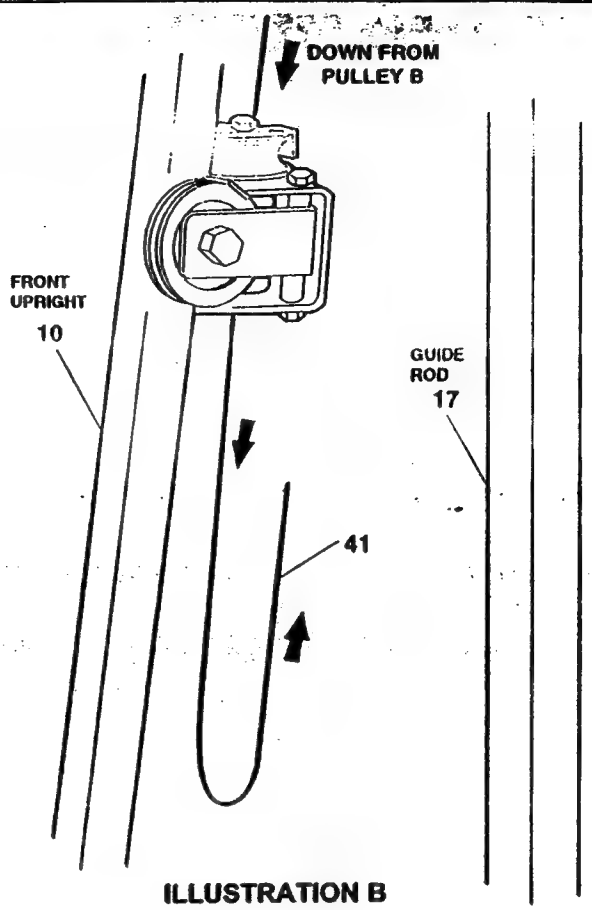


ILLUSTRATION B

☐ *Assemble the* **CABLE (41)** *into* **PULLEY D (45)** *located on the side of the assembly. Position the* **CABLE TRAP BRACKET (47)** *at about the two o'clock position and re-tighten the* **PULLEY BOLT (64)** *so that the Cable Trap Bracket is about 1/16" from the edge of the Pulley. Tighten the Bolt enough so that the Cable Trap Bracket can not rotate.*

☐ *Tighten the* **PULLEY PIVOT BRACKET BOLT (115)** *securely but not so tight that the* **PULLEY PIVOT BRACKET (114)** *can not swivel in and out.* **(SEE ILLUSTRATION C)**

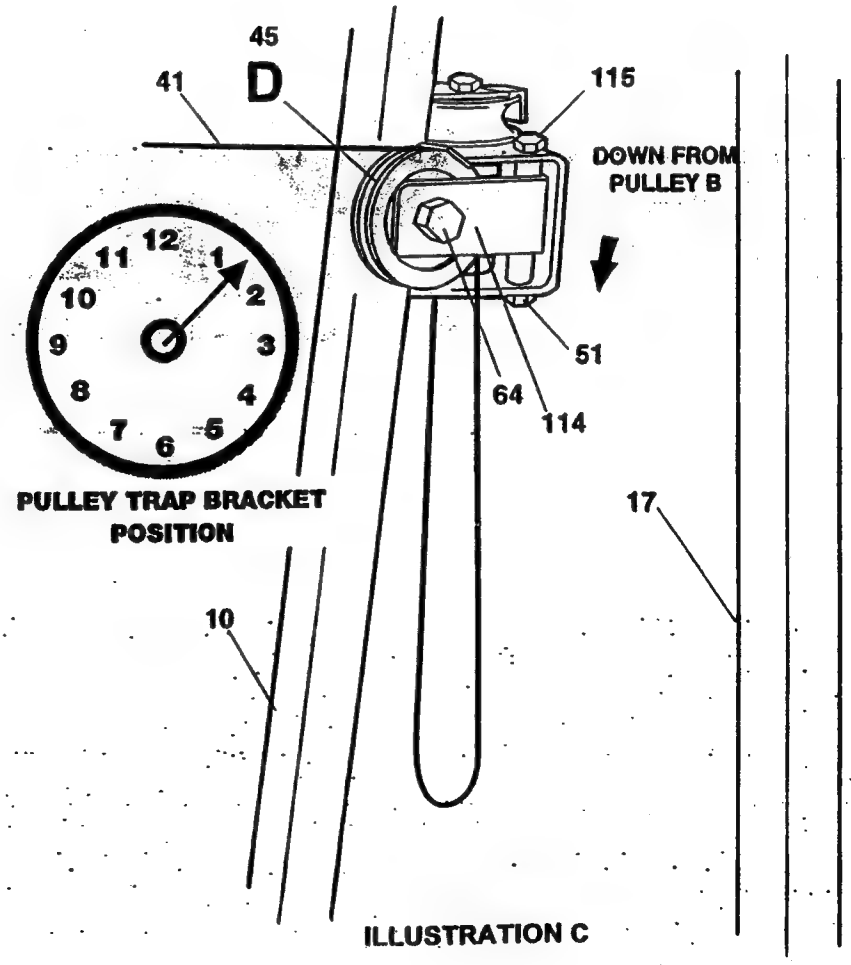


ILLUSTRATION C

☐ *Looking at* **ILLUSTRATION D,** *assemble the* **SMALL PULLEY PIVOT BRACKETS (113)** *with the pre-assembled Pulleys to the Welded Pulley Brackets on the back of the* **ARM PRESS ARMS (31)** *and* **(32).** *Bolt in place using* **5/16" X 2" HEX HEAD BOLTS (59)** *to bolt down through the Welded Bracket and then through the Pivot Bracket. Secure with* **5/16" NYLON LOCK NUTS (51).**

☐ *Looking at* **ILLUSTRATION E,** *take the* **LAT CABLE (41)** *forward and loop it under and around* **PULLEY E (45)** *on the* **LEFT ARM PRESS ARM (32).** *Set the* **CABLE TRAP BRACKET (47)** *over the Pulley and Cable and set at about the ten o'clock position and tighten the assembly. Check to see that the Welded Pulley Bracket is bolted tightly into the* **PULLEY PIVOT BRACKET (113)** *but still loose enough to swivel freely.*

☐ *Bring the* **CABLE (41)** *back around behind the* **FRONT UPRIGHT (10)** *and fit the Cable into the pre-assembled* **3 1/2" "V" PULLEY (46).** *Position the* **CABLE TRAP BRACKET (47)** *straight to the back and adjust to within 1/16" of the Pulley edge. Tighten the* **PULLEY BOLT (65)** *securely.*

☐ *Take the* **CABLE (41)** *forward over* **PULLEY G (45)** *on the back of the* **RIGHT ARM PRESS ARM (31).** *Set the* **CABLE TRAP BRACKET (47)** *at the two o'clock position and tighten the* **PULLEY BOLT (64).** *Check the* **PULLEY PIVOT BRACKET (113)** *and the Welded Pulley Bracket on the back of the Arm Press Arm to see that it is tight but can still swivel.*

☐ *Pull the* **CABLE (41)** *back to the Pulley assembly behind and at the top of the* **FRONT UPRIGHT (10).** *Remove the pre-assembled* **1/2" O.D. X 5/16" LONG METAL BUSHING (13), 5/16" FLAT WASHER (50),** *and* **5/16" NYLON LOCK NUT (51)** *from the* **5/16" X 1 1/4" HEX HEAD BOLT (116).** *Assemble the Loop of the Cable onto the Bolt. Re-assemble the Bushing and the Washer onto the Bolt and secure with a* **5/16" NYLON LOCK NUT (51).** *Tighten securely but leave enough gap so that the Cable can rotate on the Bolt.*

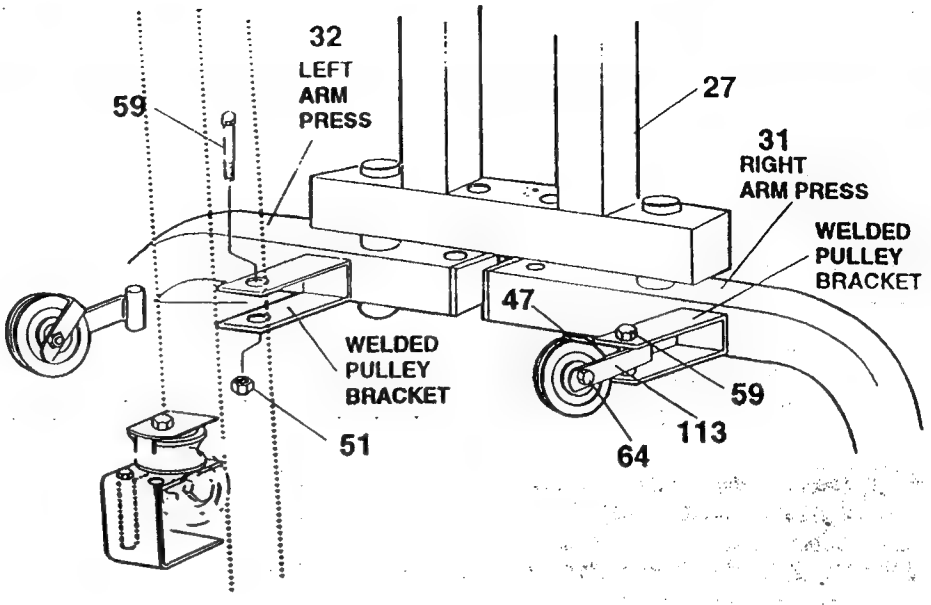


ILLUSTRATION D

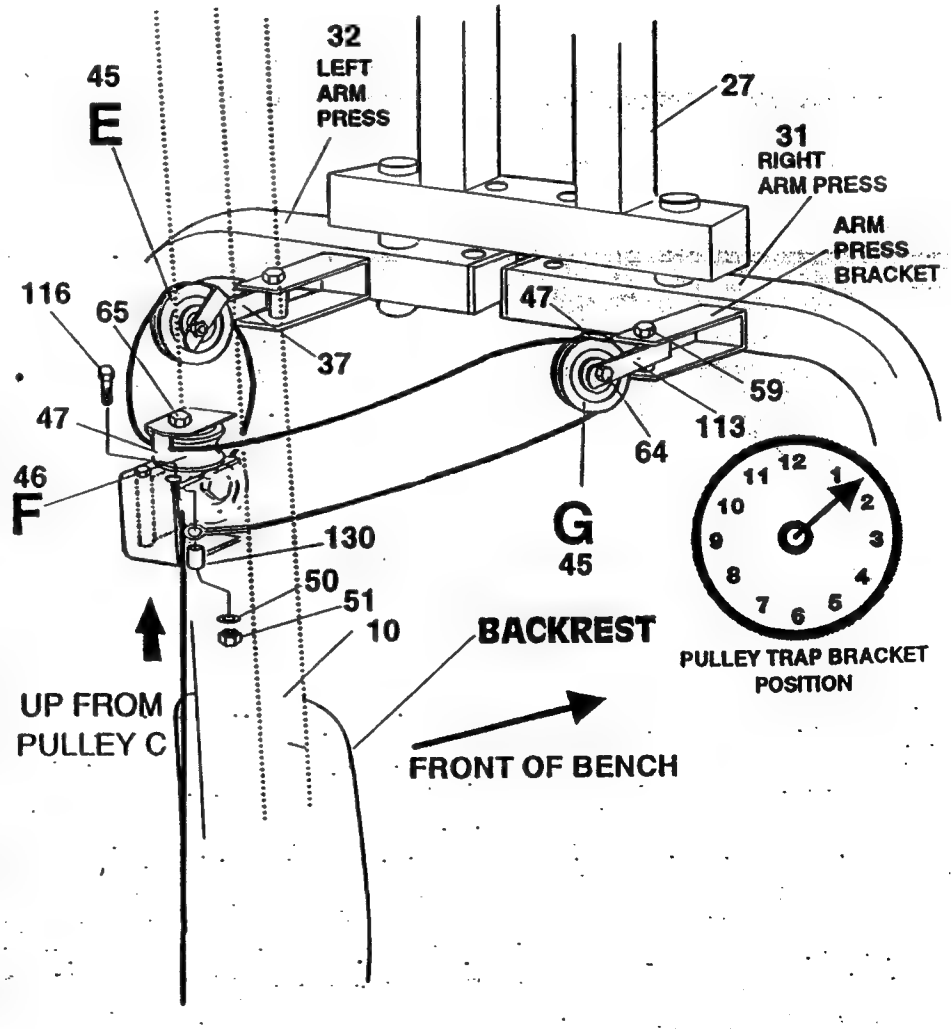


ILLUSTRATION E

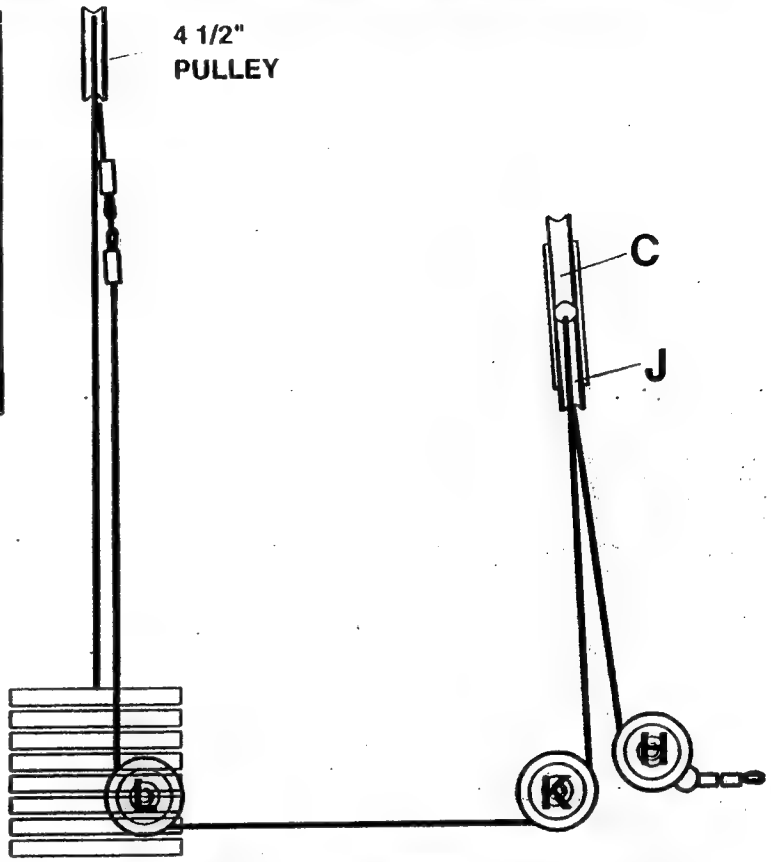
STEP 15 LOW PULLEY & WEIGHT STACK CABLE ASSEMBLY

PART NAME	QTY
50 5/16" FLAT WASHER	2
51 5/16" NYLON LOCK NUT	2
61 3/8" NYLON LOCK NUT	1
65 3/8" X 2 3/4' HEX HEAD BOLT	1
109 4 1/2" PULLEY	1
117 5/16" X 3 1/4" HEX HEAD BOLT	1
118 5/16" I.D. X 3/8" LONG METAL BUSHING	1
119 1/2" O.D. X 1/2" LONG METAL BUSHING	2
120 FIREMAN'S LATCH HOOK	1
126 1/2" O.D. X 3/4" LONG METAL BUSHING	1

☐ *Select the* **159" LOW PULLEY CABLE (43)** *(This Cable has an Adjusting Ferrule and a Stopper Ball on one end and a Loop on the other.).*

» **NOTE:** *You may have to loosen or completely undo some pre-assembled Pulleys to make this assembly.*

☐ *Beginning at the front of the unit at the base of the* **FRONT UPRIGHT (10),** *insert the* **CABLE (43)** *into* **PULLEY H (45).** *Check to make sure that the Adjusting Ferrule and Stopper Ball are aligned as shown in the illustration. Tighten this assembly at this time. To trap the Cable in the Pulley, assemble a* **5/16" FLAT WASHER (50)** *and a* **1/2" O.D. X 3/4" LONG METAL BUSHING (126)** *onto a* **5/16" X 3 1/4" HEX HEAD BOLT (117)** *and bolt through the hole location on the Front Upright directly below the Pulley. Assemble a* **5/16" FLAT WASHER (50)** *onto the Bolt and secure with a* **5/16" NYLON LOCK NUT (51).** **(SEE ILLUSTRATION A)**



ENTIRE LOW PULLEY & WEIGHT STACK CABLE ROUTING

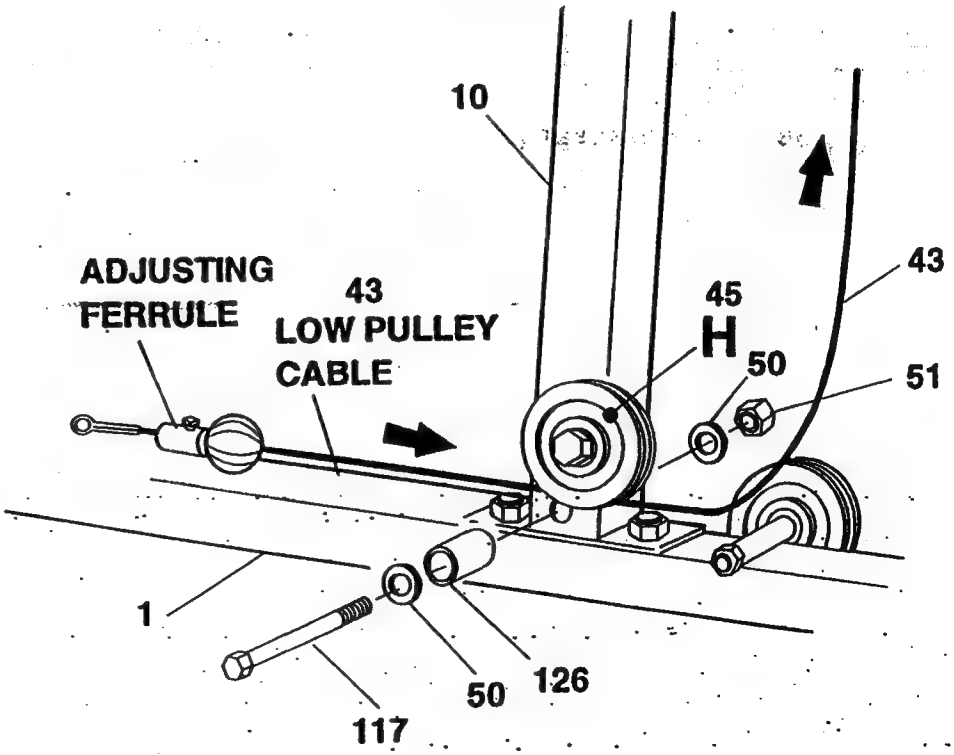


ILLUSTRATION A

☐ *Remove* **PULLEY J (45)** *from the* **DUAL PULLEY CONNECTOR BRACKET (112)** *assembly and fit the Pulley assembly over the loop formed in the* **LAT CABLE (41).** *Bring the* **LOW PULLEY CABLE (43)** *up from* **PULLEY H** *and re-assemble* **PULLEY J (45)** *into the Connector Brackets. Tighten the Bolts tightly. (The Lat Cable and the Low Pulley Cable should be seated into the Pulleys so they can not come out.)* **(SEE ILLUSTRATION B)**

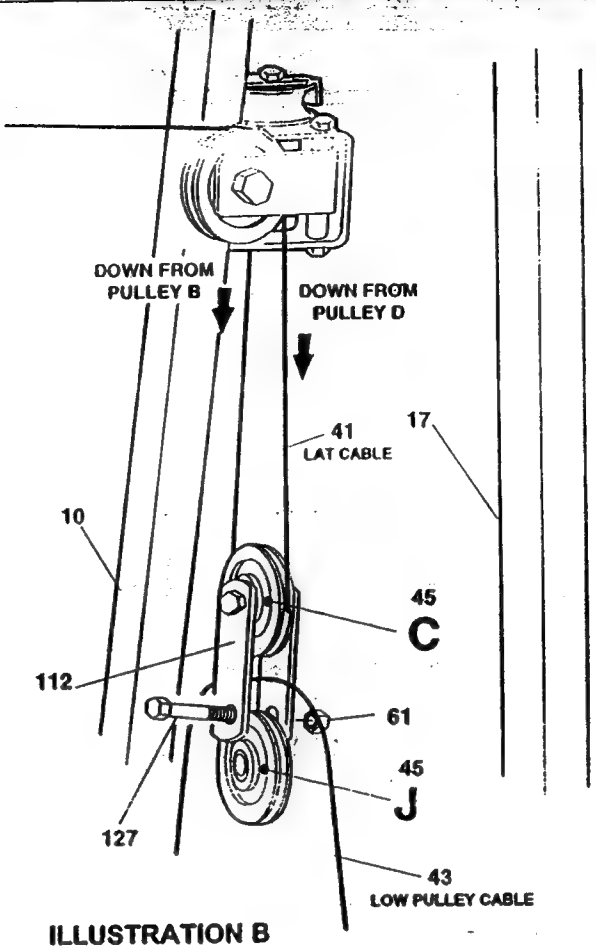


ILLUSTRATION B

☐ *Bring the* **CABLE (43)** *down to* **PULLEY K (45)** *located on the* **MAIN BASE (1)** *directly behind the* **FRONT UPRIGHT (10).** *Fit the Cable under the Pulley and position the* **CABLE TRAP BRACKET (47)** *at about the five o'clock position. Adjust the Cable Trap Bracket so it is about 1/16" from the edge of the Pulley. This assembly can now be tightened tightly. (Make sure the Pulleys can turn freely.)* **(SEE ILLUSTRATION C)**

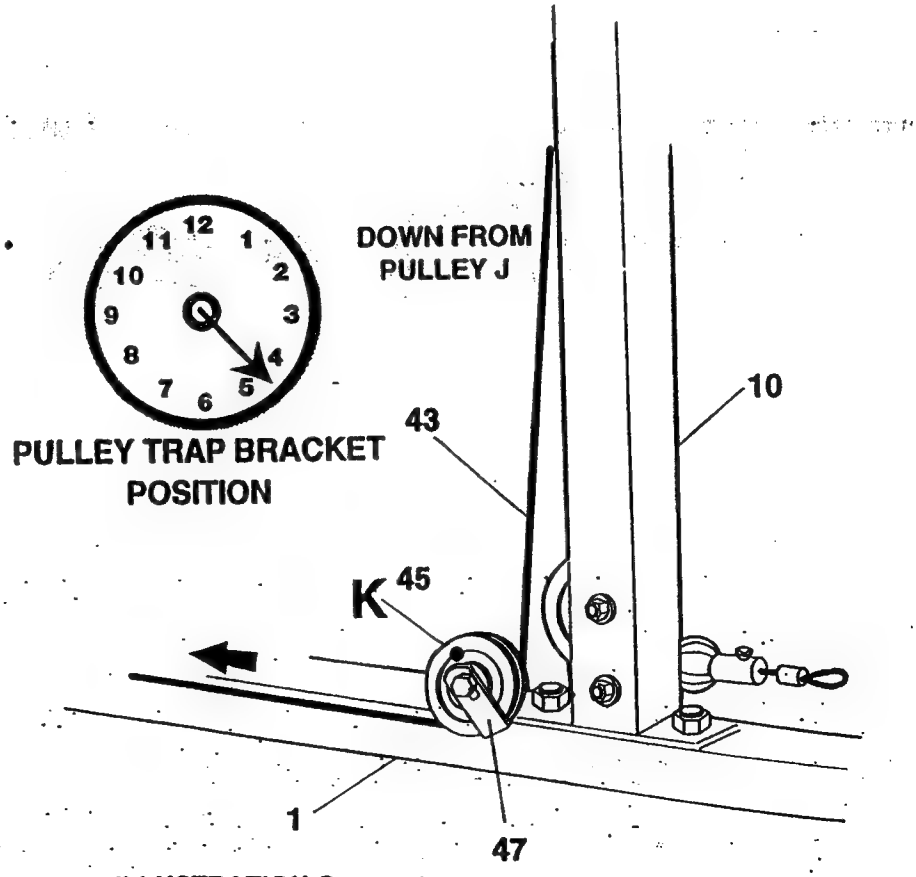
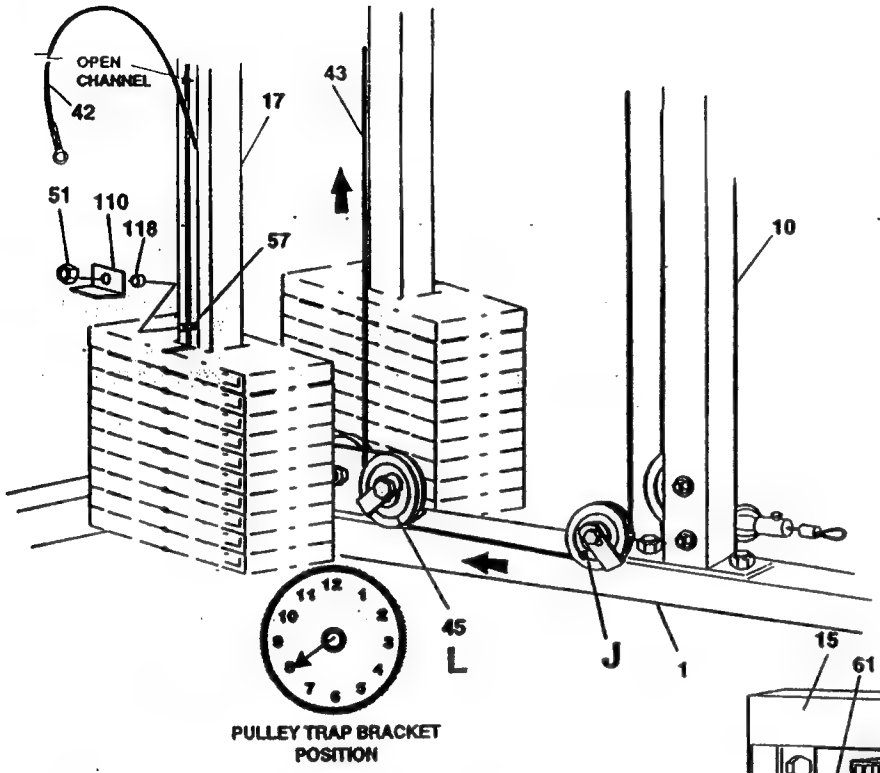


ILLUSTRATION C

☐ *Now bring the* **CABLE (43)** *rearward to* **PULLEY L (45)** *located on the* **MAIN BASE (1).** *Fit the Cable under the Pulley and position the* **CABLE TRAP BRACKET (47)** *at the eight o'clock position. This assembly can now be tightened tightly. Make sure the Pulley can turn freely.* **(SEE ILLUSTRATION D)**

☐ *To complete the assembly of this Cable, the* **WEIGHT CABLE (42)** *assembly must now be completed. Temporarily place the loop end of the* **LOW PULLEY CABLE (43)** *aside.*



PULLEY TRAP BRACKET POSITION

☐ *Begin at the Weight Stack on the Ab Station side of the unit by assembling a* **5/16" I.D. X 3/8" LONG METAL BUSHING (118)** *onto the* **5/16" X 1 3/4" CARRIAGE BOLT (57)** *and* **WEIGHT STACK CABLE (42)** *previously assembled in Step 7 into the* **WEIGHT SELECTOR TUBE (19)** *in the Weight Stack. Next, assemble the* **ANGLE PLATE BRACKET (110)** *onto the Bolt. Secure with a* **5/16" NYLON LOCK NUT (51).** *To aid in this assembly, pull on the Angle Plate Bracket as you tighten the Nut.*

☐ *Bring the* **CABLE (42)** *up the* **GUIDE ROD (17)** *and inside the Open Channel. At the top of the Guide Rod, bring the Cable through the Open Slot at the back of the Guide Rod.*

ILLUSTRATION D

☐ *Assemble a* **4 1/2" PULLEY (109)** *under the Cable and up into the Welded Cross-member Bracket under the* **TOP FRAME (15).** *Using a* **3/8" X 2 3/4" HEX HEAD BOLT (65),** *bolt through the Cross-member Bracket, then assemble a* **1/2" O.D. X 1/2" LONG METAL SPACER (119)** *onto the bolt, then the 4 1/2" Pulley and another* **1/2" O.D. X 1/2" LONG METAL SPACER (119).** *Continue now to bolt through the other side of the Cross-member Bracket. Secure with a* **3/8" NYLON LOCK NUT (61).**

☐ *Attach the loop end of the* **WEIGHT CABLE (42)** *now to the unassembled loop end of the* **LOW PULLEY CABLE (43)** *using a* **FIREMAN'S LATCH HOOK (120).** **(SEE ILLUSTRATION E)**

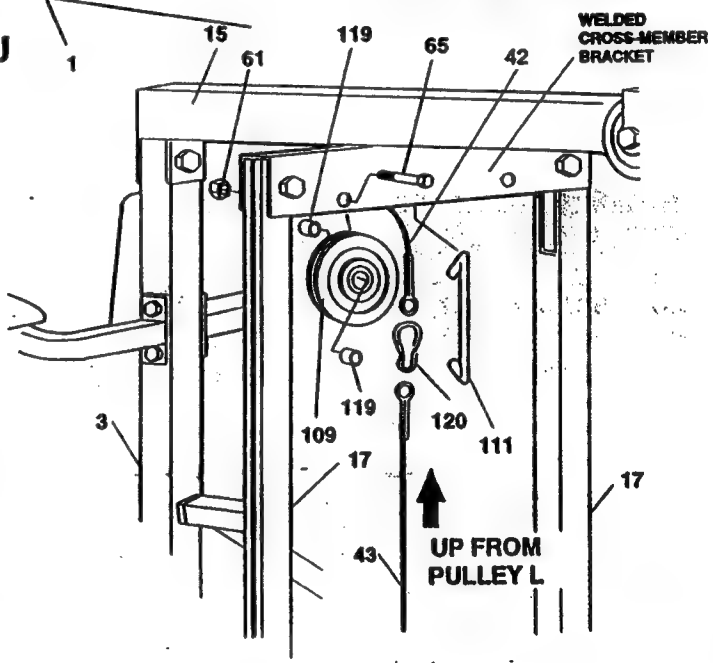
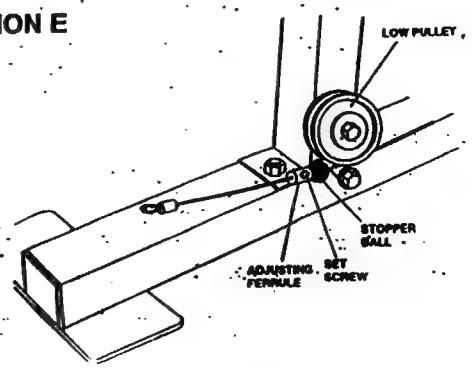


ILLUSTRATION E



» **CABLE ADJUSTMENT:** *Check to see now that the entire Low Pulley & Weight Stack Cable run is seated into the Pulleys and pull the slack out of the Cable System from* **PULLEY H (45)** *on the lower* **FRONT UPRIGHT (10).** *Slide the Stopper Ball and Adjuster Ferrule tightly against the Pulley and tighten the Set Screw in the Adjuster Ferrule tightly so it can not slip.*

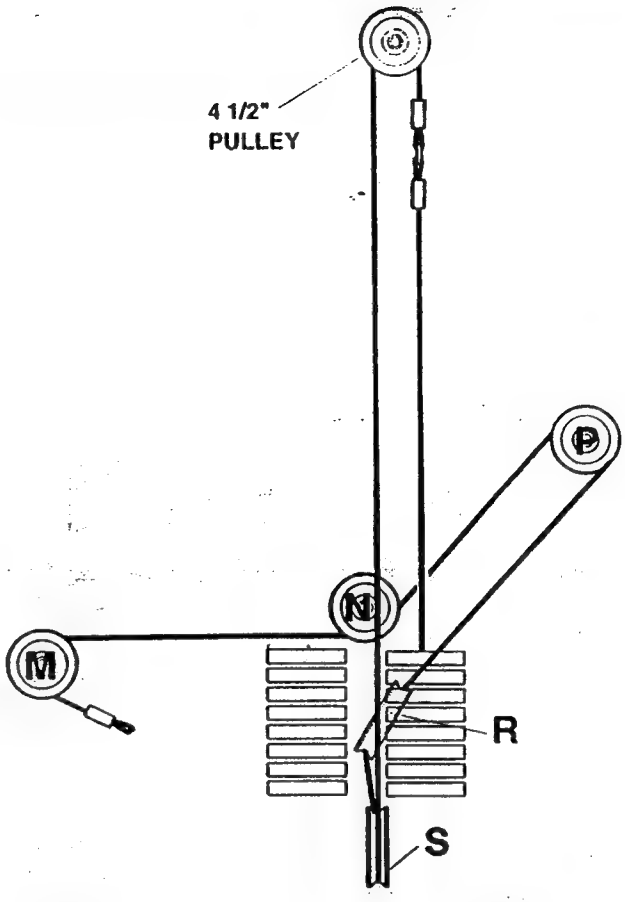
STEP 16 SQUAT - AB & WEIGHT STACK CABLE ASSEMBLY

	PART NAME	QTY
50	5/16" FLAT WASHER	3
51	5/16" NYLON LOCK NUT	4
59	5/16" X 2" HEX HEAD BOLT	1
61	3/8' NYLON LOCK NUT	1
65	3/8' X 2 3/4" HEX HEAD BOLT	1
109	4 1/2" PULLEY	1
118	5/16" I.D. X 3/8" LONG METAL BUSHING	1
119	1/2" O.D. X 1/2" LONG METAL BUSHING	3
120	FIREMAN'S LATCH HOOK	1
142	5/16" X 1" HEX HEAD BOLT	1

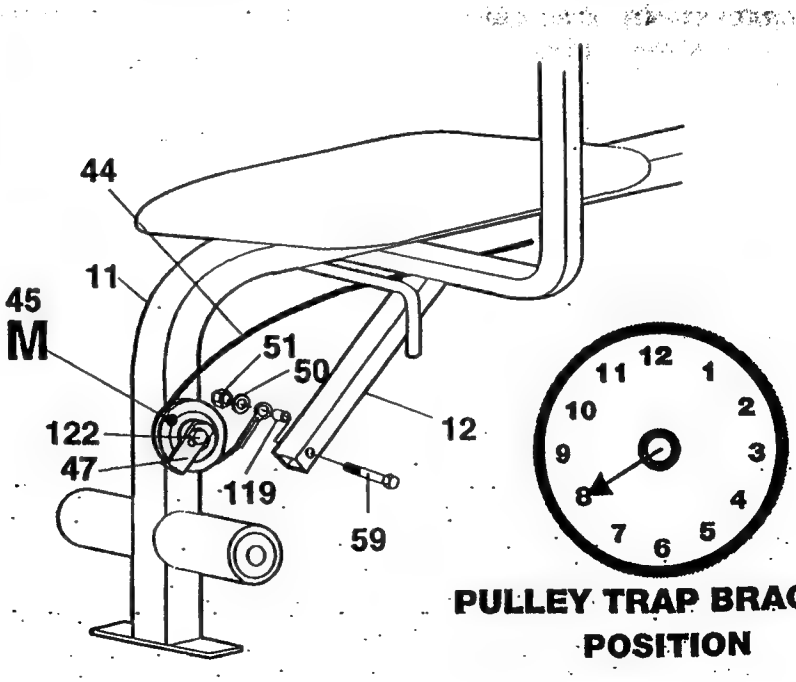
☐ *Select the* **203" LONG SQUAT & AB CABLE (44)** *(This Cable has both loop ends.).*

☐ *Attach one end of the* **CABLE (44)** *to the bottom end of the* **AB ARM (12).** *Using a* **5/16" X 2" HEX HEAD BOLT (59),** *bolt through the outside of the Arm. Assemble a* **1/2" O.D. X 1/2" LONG METAL BUSHING (119)** *onto the Bolt. Assemble the Loop end of the Cable over the Bushing and then assemble a* **5/16" FLAT WASHER (50)** *onto the Bolt. Secure with a* **5/16" NYLON LOCK NUT (51).** *Tighten securely but leave enough gap so that the Cable can rotate on the Bolt.*

☐ *Bring the* **CABLE (44)** *up and over* **PULLEY M (45)** *located on the end of the* **AB FRAME (11).** *Position the* **CABLE TRAP BRACKET (47)** *at about the eight o'clock position. Tighten the* **PULLEY BOLT (122)** *securely.* **(SEE ILLUSTRATION A)**



ENTIRE SQUAT - AB & WEIGHT STACK CABLE ROUTING



PULLEY TRAP BRACKET POSITION

ILLUSTRATION A

☐ *Next, bring the* **CABLE (44)** *back to the* **REAR UPRIGHT** (3) *and assemble it under* PULLEY N (45). *Position the* **CABLE TRAP BRACKET (47)** *at the six o'clock position and tighten this assembly.* **(SEE ILLUSTRATION B)**

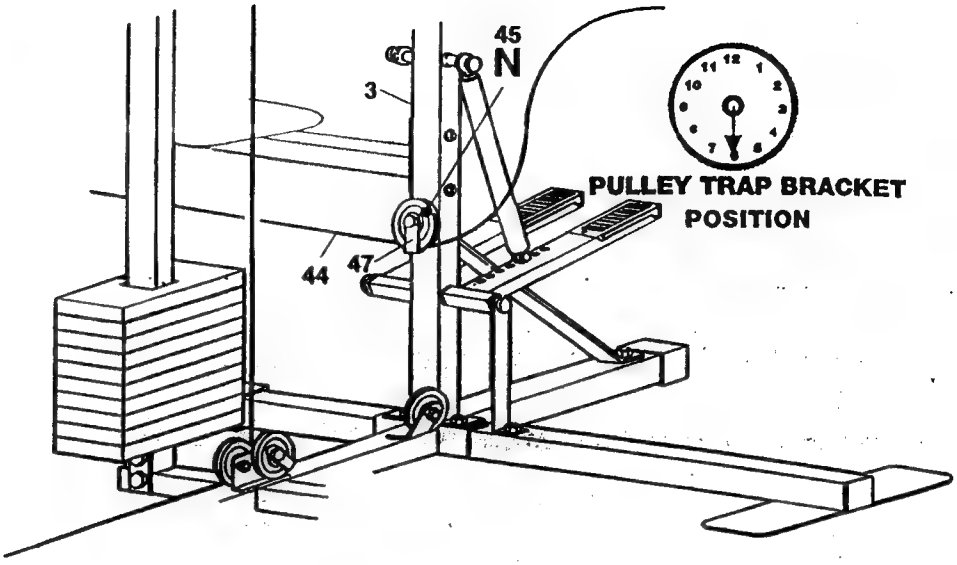


ILLUSTRATION B

☐ *Take the* **CABLE (44)** *up and over* **PULLEY P (45)** *attached to the side of the* **SQUAT ARM (21).** *Place the* **CABLE TRAP BRACKET (47)** *at the two o'clock position and tighten the assembly.* **(SEE ILLUSTRATION C)**

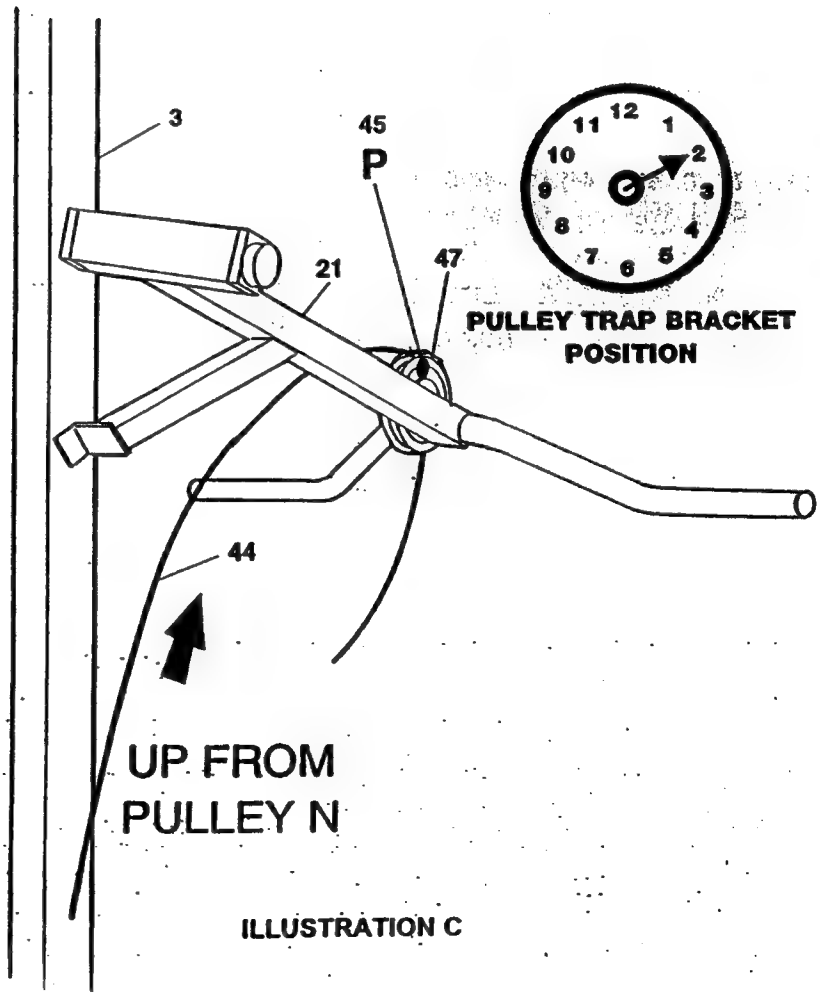


ILLUSTRATION C

☐ *Bring the* **CABLE (44)** *down and fit under* **PULLEY R (45)** *located on the* **MAIN BASE (1)** *directly in front of the* REAR UPRIGHT (3). *Position the* **CABLE TRAP BRACKET (47)** *at the 8 o'clock position as you face the Bracket. Tighten the Pulley* **BOLT (64).**

☐ *Bring the* **CABLE (44)** *forward along the* MAIN BASE **(1)** *and fit into* **PULLEY S (45).** *Position the* **CABLE TRAP BRACKET** (47) *at the eight o'clock position and tighten the* **BOLT (66).** **(SEE ILLUSTRATION D)**

☐ ***To complete the assembly of the SQUAT & AB CABLE (44), the WEIGHT CABLE (42) assembly must now be completed.*** *Temporarily place the loop end of the Squat & Ab Cable aside.*

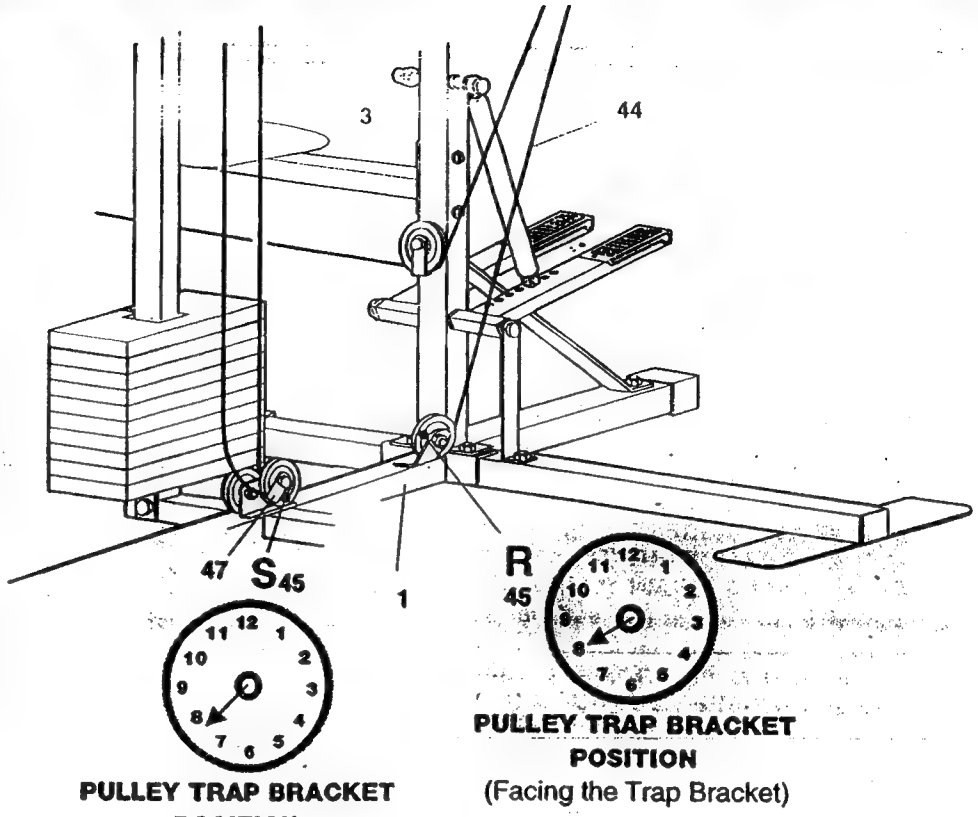


ILLUSTRATION D

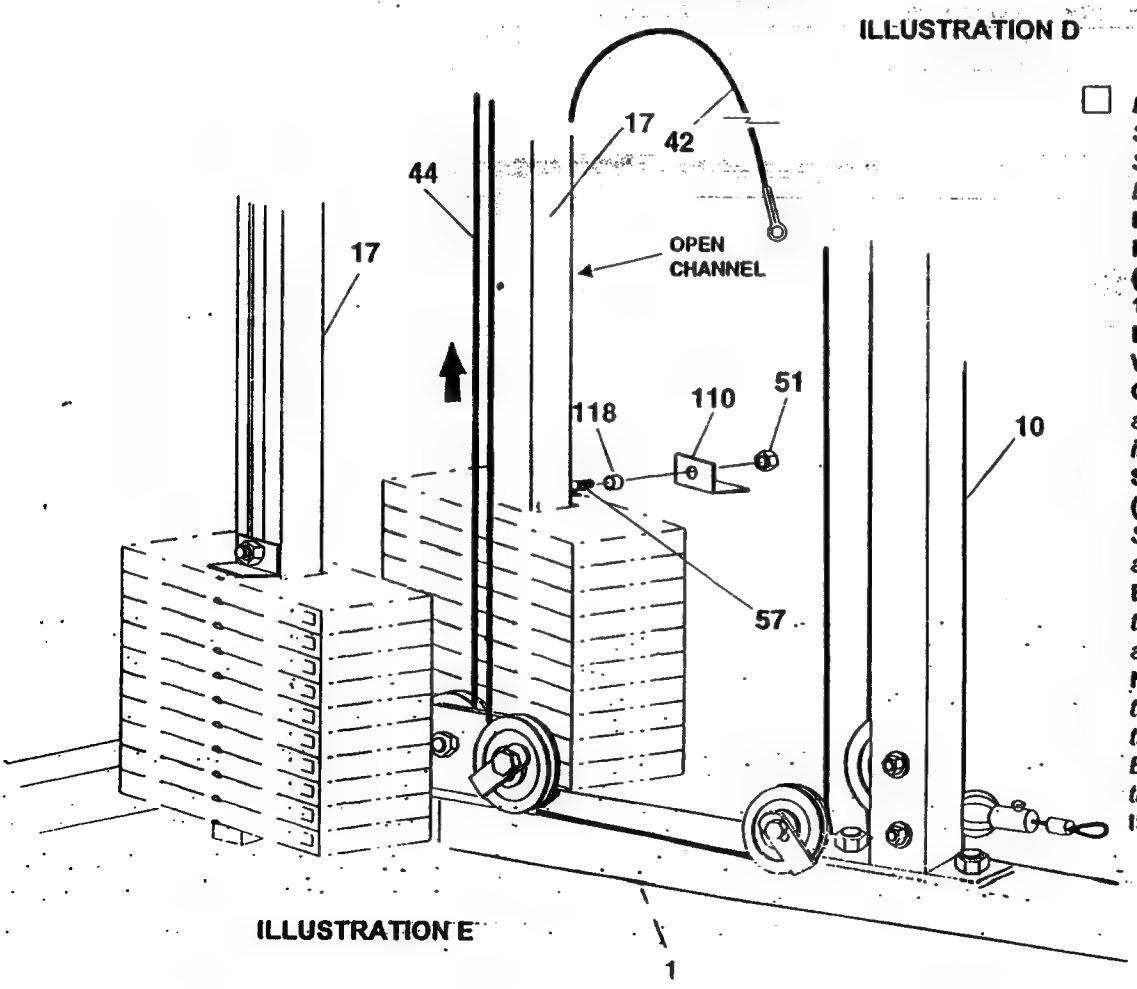


ILLUSTRATION E

☐ *Begin at the Weight Stack on the Squat Station side of the unit by assembling a* **5/16" I.D. X 3/8" LONG METAL BUSHING (118)** *onto the* **5/16" X 1 3/4" CARRIAGE BOLT (57)** *and* **WEIGHT STACK CABLE (42)** *previously assembled in Step 7 into the* **WEIGHT SELECTOR TUBE (19)** *in the Weight Stack. Next, assemble an* **ANGLE PLATE BRACKET (110)** *onto the Bolt. Secure with a* **5/16" NYLON LOCK NUT (51).** *To aid in this assembly, pull on the Angle Plate Bracket as you tighten the Nut.* **(SEE ILLUSTRATION E)**

☐ *Assemble a* **4 1/2" PULLEY (109)** *under the* **CABLE (42)** *and up into the Welded Cross-member Bracket under the* **TOP FRAME (15).** *Using a* **3/8" X 2 3/4" HEX HEAD BOLT (65),** *bolt through the Cross-member Bracket, then assemble a* **1/2" O.D. X 1/2" LONG METAL SPACER (119)** *onto the Bolt, then the 4 1/2" Pulley and another* **1/2" LONG METAL SPACER (119).** *Continue now to bolt through the other side of the Cross-member Bracket. Secure with a* **3/8" NYLON LOCK NUT (61).**

☐ *Attach the* **WEIGHT STACK CABLE (42)** *now to the unassembled loop end of the* **SQUAT & AB CABLE (44)** *using a* **5/16" X 1" HEX HEAD BOLT (142), 5/16" FLAT WASHERS (50),** *and a* **5/16" NYLON LOCK NUT (51)** *to fasten the* **8" LINKING CHAIN (134)** *to the* **SQUAT & AB CABLE (44)** *and then a* **S-HOOK (133)** *to fasten the* **LINKING CHAIN (134)** *to the* **WEIGHT STACK CABLE (42). (SEE ILLUSTRATION F)**

» **CABLE ADJUSTMENT:** *Check to see that the entire Squat - Ab & Weight Stack Cable run is seated into the Pulleys and pull the slack out of the Cable system by adjusting the length of the Linking Chain.*

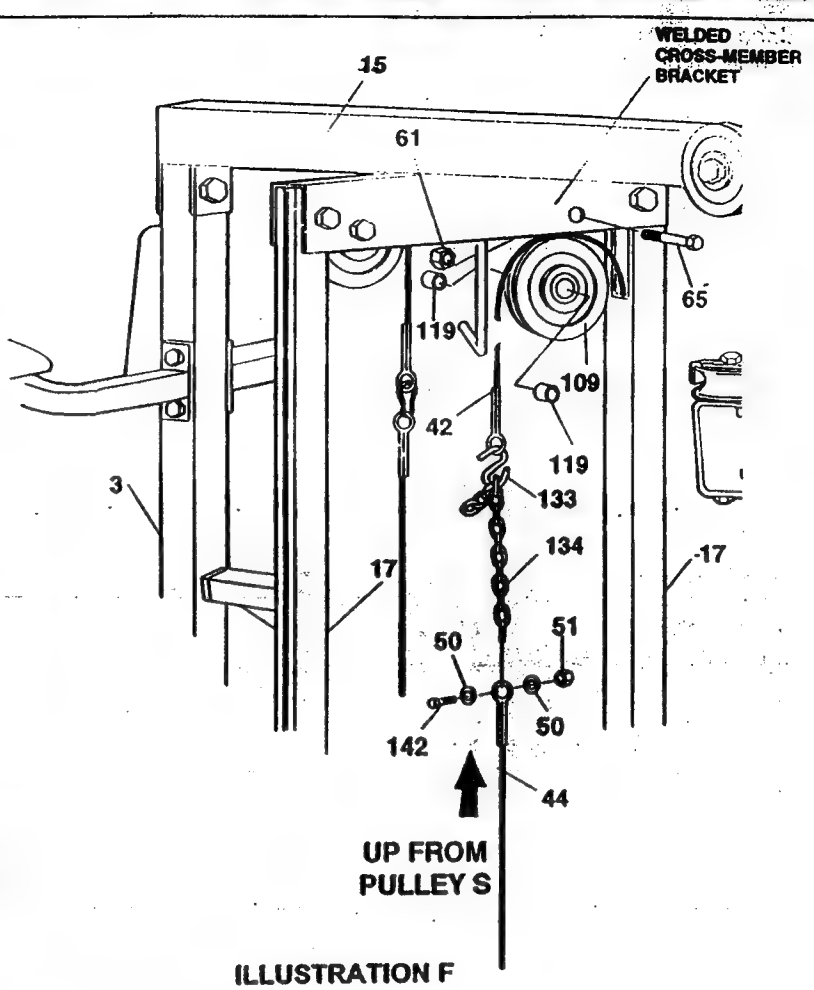


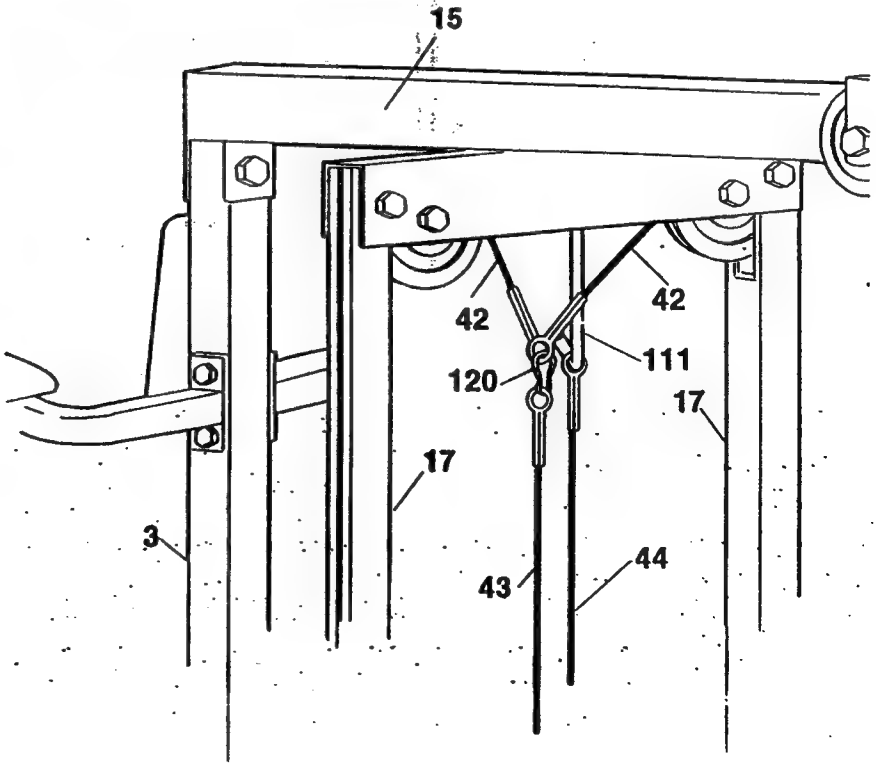
ILLUSTRATION F

USING DUAL STACKS:

This gym has a special feature of allowing you to link both Weight Stacks together to increase weight for the Arm Press, Lat Pull Down, Squat, and Low Pulley Stations.

☐ *To double up Weight Stacks, disconnect the Cable you do not wish to use and set aside on the* **CABLE HOOK (111).**

☐ *Connect the Cable you wish to use with a* **FIREMAN'S LATCH HOOK (120)** *to* **BOTH WEIGHT STACK CABLES (42).**



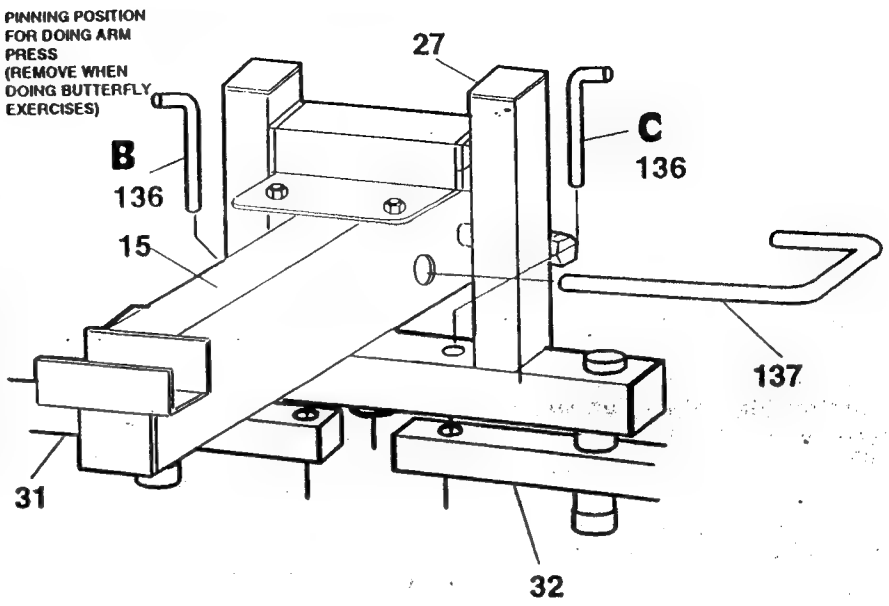
HOW TO USE YOUR HOME GYM:

ARM PRESS EXERCISES:

The Arm Press Arms are locked in place with "L" Locking Pins (136). When doing Arm Press exercises, Locking Pins "B" and "C" should be pinned through the ARM PRESS PIVOT FRAME (27) and the ARM PRESS ARMS (31) and (32).

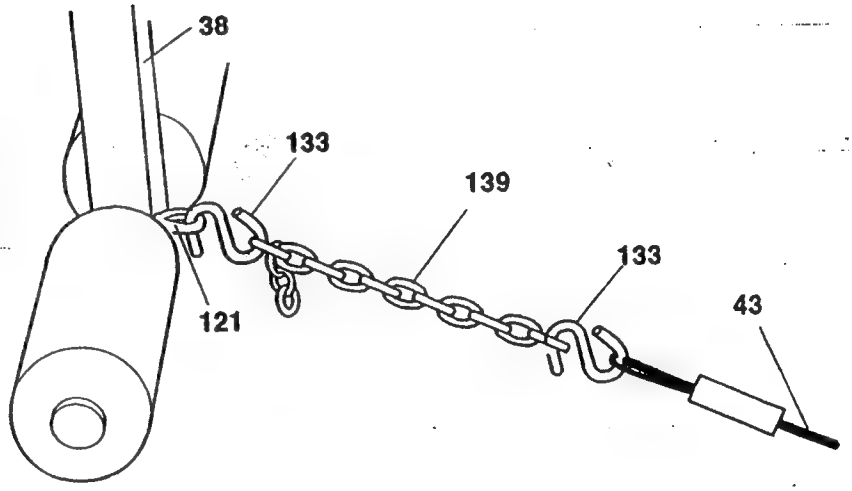
BUTTERFLY EXERCISES:

When doing Butterfly Exercises, remove Locking Pins "B" and "C". (Note: Locking Pins "B" and "C" should always be in place for all exercises except Butterfly Exercises to keep Cables properly tensioned.) **Insert the "J" PIN (137) into the hole in the TOP MAIN UPRIGHT (15) and hook the Pin around the ARM PRESS PIVOT FRAME (27).**



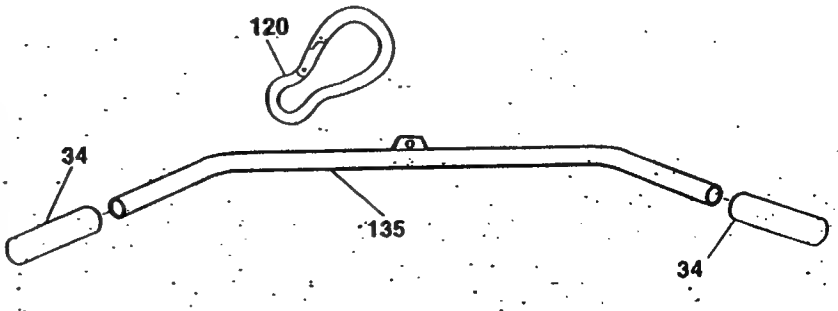
LEG EXTENSION EXERCISES:

To perform 1.) Seated Leg Extensions and 2.) Standing Leg Curls, the Low Pulley Cable should be attached to the Leg Extension by using the 12" LINKING CHAIN (139) and "S" HOOKS (133). Let the Leg Extension hang perpendicular to the floor for normal Leg Extension and Curl Exercises. If you wish to add additional range of motion for Leg Extensions, connect the Leg Extension so it is further under the Seat.



LAT PULL-DOWN EXERCISES:

Assemble PLASTIC GRIPS (34) onto the ends of the LAT BAR (135). Connect the LAT BAR (135) to the Lat Cable using a FIREMAN'S LATCH HOOK (120). When the Lat Bar is not in use, it can be placed in the Lat Bar Holder at the top end of the Front Upright.

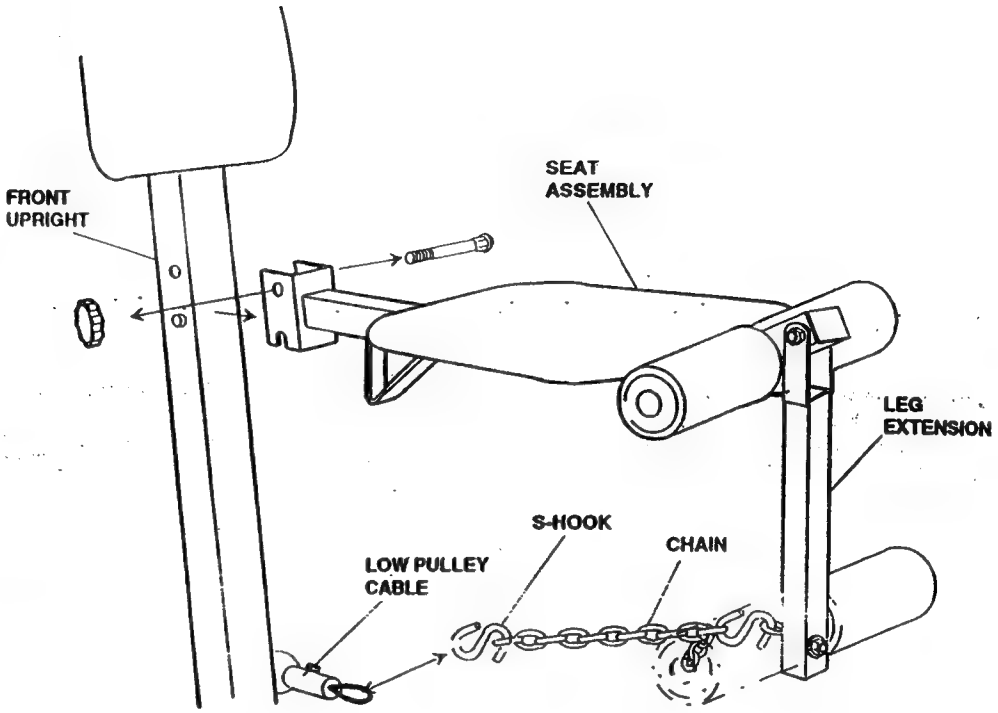


LOW PULLEY EXERCISES:

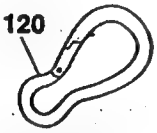
When doing Low Pulley Exercises, the Seat\Leg Extension Assembly should be removed from the Mast Upright. To remove the Seat Assembly simply unhook the Low Pulley Cable from the Leg Extension, unscrew the Seat Knob Pin Assembly, and pull the Seat Assembly out of the Frame.

Connect the Leg Strap / Arm Curl Handle to the Cable at the Low Pulley using a "S" Hook. The Linking Chain can be used to extend the Strap further away from the Frame as needed.

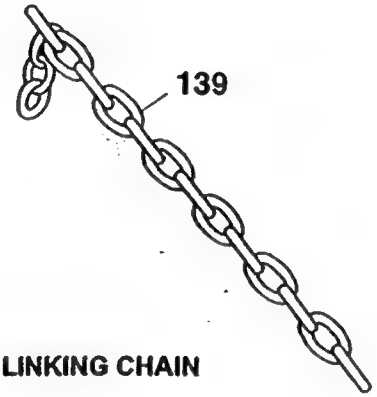
The Lat Bar can also be used at the Low Pulley Station for doing Curls, Rows, and other Exercises.



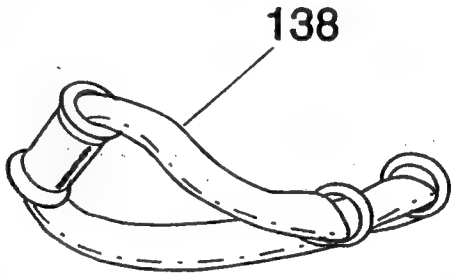
S-HOOK



FIREMAN'S LATCH HOOK



LINKING CHAIN



LEG STRAP / ARM CURL HANDLE

STEPPER:

Bolt the Resistance Cylinders to the Stepper Pedals at your desired resistance setting. The resistance will become greater as you move the Cylinder back toward the end of the Pedal.

When doing Aerobic Stepper conditioning, the object is to take short, fast steps in order to elevate your heart rate and increase the blood flow. The resistance serves two functions, one is to accommodate a wide range of user weight, and the second is to vary the rate of speed needed to keep the Pedals from bottoming out at the end of the stroke.

V.A.F. STATION EXERCISES:

When using the V.A.F./Dip Station, position yourself inside the Dip Arms and grasp the Arms or Dip Handles. As an assist to get up on the Dip Arms, you can step back onto the Stepper Pedal Pivot Tubes, bring your arms atop the Arm Pads then spring up to position.

ORDERING PARTS

TO INSURE THAT YOU WILL GET ALL OF THE PRIVILEGES AND PROTECTION THAT COME WITH YOUR PURCHASE, PLEASE COMPLETE YOUR * OWNER'S REGISTRATION CARD * WITHIN THE NEXT 10 DAYS.

Simply mail your *OWNER'S REGISTRATION CARD* to receive all benefits to which you are entitled.

WARRANTY VERIFICATION : Your prompt registration verifies your right to protection under the terms and conditions of your warranty.

OWNER CONFIRMATION : Your completed OWNER'S REGISTRATION CARD serves as confirmation of ownership in the event of product loss or theft.

1. YOUR OWNER'S I.D. CARD VERIFIES THE PRODUCT YOU HAVE PURCHASED, YOUR NAME, ADDRESS, AND THE DATE OF YOUR PURCHASE.

2. PARTS MAY BE ORDERED USING THE PARTS ORDER CARD WHICH IS INCLUDED WITH THIS PRODUCT OR BY CALLING OUR PRODUCT SERVICE NUMBER: 1-800-225-0653.

3. BEFORE ORDERING PARTS BY PHONE, HAVE READY THE FOLLOWING INFORMATION TO EXPEDITE YOUR ORDER.

1. Name of the Product (POWERGUIDE HOME GYM SYSTEM VICTORY X41)
2. Model Number of the Product (VX41)
3. Ordering Number of the Part (See Parts List Page)
4. Description of the Part from the Parts List Page.
5. Country of the Manufacturer (See Cover)

THE SAME INFORMATION IS REQUIRED WHEN PLACING YOUR ORDER BY MAIL.

If you need parts or assistance do not return this product to the store, simply contact WEIDER CUSTOMER ASSISTANCE at 1-800-225-0653 Monday through Friday 7 a.m. to 6 p.m. CST.

Extended Seasonal Hours (Dec. 1 - Feb 28) Monday through Friday 7 a.m. to 9 p.m.; Saturday 9 a.m. to 5 p.m.; Sunday 12 p.m. to 4 p.m.

All parts and service inquiries should be directed to: WEIDER SPORTING GOODS, Parts Service Department, 900 West ST. John Street, Olney Illinois. 62450.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!

EXERCISE INTENSITY

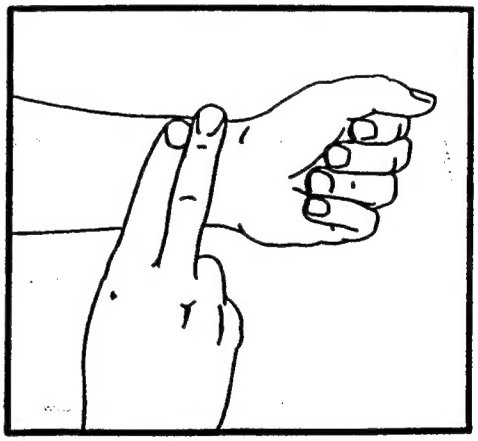
To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS /MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS /MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



WORKOUT PATTERN

Each workout should consist of 5 basic parts: 1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4. COOLING-DOWN, 5. AT REST.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.,

EXERCISE FREQUENCY

To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR exercise.

SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Hamstrings, Lower Back and Groin

INNER THIGH STRETCH

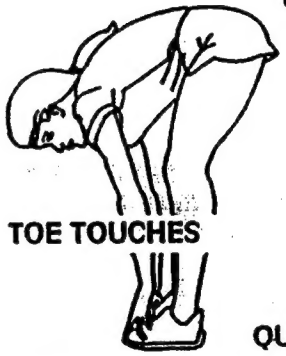
Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

Stretches: Quadriceps, Hip Muscles

TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

Stretches: Hamstrings, Back of Knees, Back



QUADRICEPS STRETCH

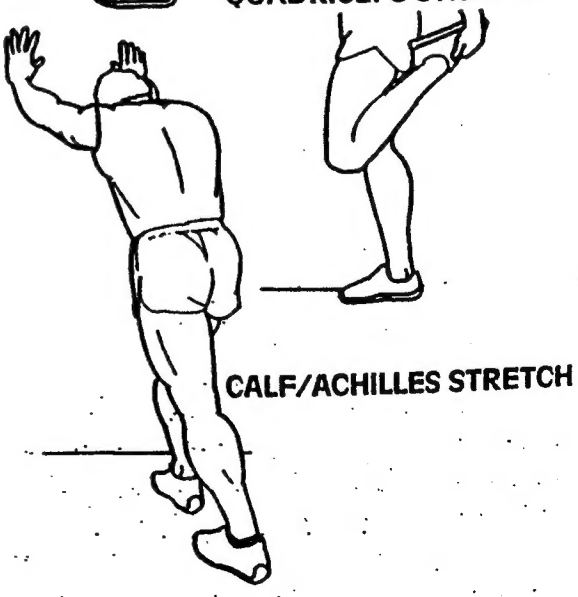
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, Hip Muscles

CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles Tendons, and Ankles



LIMITED WARRANTY

Welder Sporting Goods, Inc. warrants this item of equipment to be free from defects in material and/or workmanship for a period of 90 DAYS from the date of the original purchase (retail, mail order or otherwise) for use. Welder also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of THREE YEARS from the date of original purchase.

In the event of a defect in material or workmanship during the warranty period, Welder will repair or replace (at its option) the Equipment (or frame) under the conditions of this Warranty. Welder will do so at its expense for the cost of labor and materials but not for mailing except as noted.

LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:

Welder disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Welder disclaims liability for indirect, incidental or consequential damages. This disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Welder is not responsible for damage to the Equipment caused by accident, theft, misuse, abuse, abnormal use or conditions, neglect or modifications.

This Warranty gives you specific legal rights, and you may have other rights which vary from state to state.

CLAIM PROCEDURE

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

Write to: Parts Service Welder Sporting Goods 900 West St. John Street Olney, Illinois 62450

In your letter state your full name and address; the reason why you believe there is a defect or malfunction subject to this warranty; and the date and conditions under which the defect or malfunction occurred.

To obtain warranty you must include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment; otherwise no warranty will be issued. Upon receipt of your letter, Welder will make a preliminary determination of its responsibility to repair or replace under this Warranty.

PARTS SERVICE 1-800-225-0653

If Welder denies responsibility it will explain its decision in writing. If Welder accepts responsibility to repair or replace the item or part under the warranty it will notify you in writing to bring or ship the Equipment to a designated Welder facility or an authorized service station for repairs.

If Warranty repair or replacement is made at a Welder facility, the Equipment will be returned to you at Welder's expense. If Warranty repair or replacement is made at a service station, arrangements for the return of the Equipment must be made directly with the service station and are made at your expense.